

WINTER 2011

SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog



SHOREVIEWS



Shoreview to Change Recycling Provider: What Changes Mean for Residents

On January 10, 2011, residents will see new recycling trucks on City streets. The City switched providers from Waste Management to Allied Waste Services. Residents will need to help exchange recycling carts from the old provider to the new provider.

OLD PROVIDER

WASTE MANAGEMENT

(green cart with yellow lid)



Last official pickup week:
Week of December 27

Estimated pickup of old containers:
Week of December 27

Leave cart at curbside after
last pickup

NEW PROVIDER

ALLIED WASTE SERVICES

(blue cart with white lid)



First official pickup week:
Week of January 10, 2011

Estimated delivery of new containers:
December 6 – December 31

What residents should know:

- Residents **WILL** continue to have single sort services
- Residents **WILL** have the same recycling schedule
- Residents **WILL** be able to recycle the same items as they currently can
- THERE WILL BE A LIMITED TIME PERIOD RESIDENTS WILL HAVE BOTH CARTS.** With the estimated dates of pickup from Waste Management and delivery from Allied Waste Services, residents may have two carts during the month of December.

- Residents **WILL** receive the containers of the same size they currently have. Residents needing to change the size of their cart, must contact Allied Waste Services at 952.941.5174

If you are a Snow Bird or have other questions
about this change in services please call the
Shoreview Public Works at 651.490.4650

YES!

Please Recycle these items in this cart:

Newspaper & Newspaper Inserts
Magazines & Catalogs
Junk Mail & Envelopes
Cardboard
Office & School Papers (colored paper, too)
Boxboard (cereal, cake & cracker boxes)
Brown Paper Bags (grocery type)
Aluminum Cans
Tin & Steel Cans (rinsed)
Glass Jars & Bottles
Plastic Milk Jugs
Plastic Bottles (with necks only)
Phone Books

All of the items that
are Recyclable
(listed here in
GREEN)
can be mixed
together and placed
in this cart—
NO sorting needed!



Do **NOT** put these items in this cart—
(All of these things go in the Garbage Cart):

No Plastic Bags
No Food Waste
No Food Tainted Items
(used paper plates, paper towels or paper napkins)
No Pizza Boxes
No Egg Cartons
No Ice Cream Cartons
No Paper/Waxy Milk Cartons
No Aluminum Foil
No Plastic Cups & Silverware
No Aerosol Cans
No Plastics other than Bottles
(items like clear plastic strawberry containers)
No Garbage
No Juice Boxes/Bags

Annual Tree Sale is Back

In an attempt to diversify its tree cover and prepare for the Emerald Ash Borer, the City of Shoreview is bringing back its annual tree sale. Residents will have the opportunity to purchase trees at wholesale prices. The trees come from a reputable Minnesota nursery and are inspected by the Minnesota Department of Agriculture. However, since the trees are offered at wholesale prices, the nursery will not guarantee them. All trees are delivered in 20-gallon containers in order to make planting easier. Six varieties of trees are available. The following trees are available:

Northern Red Oak

Fast growing native Oak. Excellent landscape tree. Does well in sandy soil. Leaves hang on well into winter

Bi-color White Oak

A fast growing White Oak. Interesting flaking, gray-brown bark. Tolerates drought and poorly drained soil.

Northwoods Maple

A selection from Northern Minnesota. Round to oval crown. Red to orange fall color.

Redmond Linden Basswood

Uniformly pyramidal growth habit. Red stem color on new growth.

River Birch Clump

Does well on upland soils. Cinnamon-brown shaggy bark. Provides interesting winter effect.

Colorado Spruce

Broad, dense evergreen with pyramidal shape. Color ranges from green to blue. The most drought-resistant of the spruce family.

Princeton Elm

A true American Elm with a classic Elm vase shape. Excellent disease resistance.

Tree Order Form

As part of the City's reforestation goals, residents can purchase up to 4 trees per household at wholesale prices. The trees will be purchased from a reputable Minnesota wholesale nursery and are inspected by the MN Department of Agriculture. Shade trees are 6 – 8 feet high and 1 – 1.5 inches in diameter, and are delivered by City crews in early to mid-May. Limit four trees per household.

Name _____

Address _____

Telephone _____ Cell Phone _____

SPECIES	COST	QUANTITY	SUBTOTAL
Northern Red Oak	\$135		
Bi-color White Oak	\$135		
Northwoods Maple	\$135		
Redmond Linden	\$135		
River Birch Clump	\$135		
Colorado Spruce	\$135		
Princeton Elm	\$135		
TOTAL (Tax is included)			

Please make checks payable to *City of Shoreview* and mail completed form and check by February 1 to:
 City of Shoreview Public Works
 Tree Sale
 4600 Victoria Street North
 Shoreview, MN 55126

Tips for Surviving the Winter's Plowing Season

Driveways

One of the most frequent and most irritable problems in removal of snow from public streets is the snow deposited in driveways during plowing operations. Snow accumulated on the plow blade has no place to go but in the boulevard areas, which include driveways. The plow drivers make every attempt to minimize the amount of snow deposited in driveways, but the amount can still be significant. Regardless, the City does not possess the resources to attempt to provide private driveway cleaning after plowing public roads. Property owners should also use the (non-improved) boulevard areas for storage of snow blown or thrown from their driveways, private sidewalks, etc.

Municipal Code 211.060 (D) states, "No person, by whatever means, shall deposit snow on the improved portion of publicly dedicated street, alley, sidewalk, bike path, trail way or parking lot."

Sod and Sprinkler Systems

If you want to protect your yard from possible damage from snow plowing, stake out your yard along the curb line with flexible driveway markers with reflectors.

Despite the plow operator's best efforts, sod along the edge of the road occasionally may be damaged during snow removal activities. In general, the City will repair boulevard sod damaged by snow plow or truck. The City will not be responsible for damage to underground irrigation systems and landscaping within the City's right-of-way.

Tips for Surviving the Winter's Plowing Season

A little patience and a cooperative attitude are essential ingredients for getting through the winter plowing season. When we as citizens, plowing contractors, and city crews work together, we can reduce frustrations that sometimes accompany winter snowstorms. There are many things residents can do to minimize plow-related problems for themselves, and to assure that city crews do the most effective job possible.

1. Observe Shoreview's parking regulations. Don't park your car on any city street between the hours of 2 a.m.-5 a.m., or after a two-inch snowfall. This not only ensures more effective plowing, but also helps you avoid a citation.
2. Residents may find it less frustrating to wait until the plow trucks have completed their street before cleaning the end of their driveway. City plows are designed to discharge snow to the sides of the road and are not capable of skipping driveway areas.
3. Snow from the bottom of the driveway should be shoveled to the right as you are facing the street. This will reduce the amount of snow being placed back into the driveway during the next plowing.
4. Residents hiring contractors to plow their driveways should remind the contractor about state and local laws that prohibit pushing or placing snow back into or across the street. Doing

so not only creates hazards for drivers, but also makes it difficult for the city to keep the streets clean.

5. Residents should clear snow from the mailbox area after each plowing. Snow that remains in front of the mailboxes will get compacted by post office vehicles and make subsequent plowing less effective.
6. If trash/recycling pickup day coincides with plowing activities, make sure your trash can and recycling bin are well behind the curb or in the driveway so the plow will not hit them.
7. Residents who have experienced sod damage in the past may wish to mark their yard line with flexible stakes or lathe. This will help the plow operators avoid future damage.
8. Don't allow children to build snow forts and tunnels in the snow banks adjacent to the curb, or to play near the curbs. It can be difficult for the plow operators to see children.
9. Keep sleds and toys away from the street.
10. Residents are encouraged to locate the hydrant near their home and keep snow shoveled away from it. This will ensure that fire hydrants are accessible in case of emergency.



No Parking on City Streets

Vehicles may not be parked on City streets between 2-5 a.m. Permits for special circumstances, such as driveway repair, may be obtained from the City to temporarily park on the streets for a minimal period. Permits will not be issued for streets posted as "No Parking" unless a Special Events Permit is acquired. Please call 651.490.4650 to request a permit.



Carbon Monoxide Alarms: They are Required by Law



Minnesota State law requires that all existing single-family homes to be equipped with approved carbon monoxide alarms.

Carbon Monoxide (CO) is a colorless, tasteless and odorless gas released from natural gas appliances, such as furnaces and hot water heaters. Proper installation and maintenance of CO detectors on each level of your home can prevent dangerous or even deadly hazards associated with this gas.

What should I look for when purchasing a CO detector?

- Easy to install and replace
- Protection from chronic, low-level CO exposure
- Protection from acute, lethal CO exposure
- Accurate measurement of CO
- Self-calibrating and self-zeroing
- Memory capability for past events
- Minimal interference from other pollutants and chemicals
- Digital readout of CO concentrations
- Portability: small size and light weight
- Easy-to-understand operating manual
- Clear instructions and warning tags on the unit

REMEMBER: CO detectors DO NOT function as Smoke Alarms and Smoke Alarms DO NOT function as Carbon Monoxide Detectors

Tip: When you are changing your clocks for Daylight Savings, change the batteries in your fire alarms and CO detectors.

Smoke Detectors: Knowing when to replace yours

Smoke detectors are one of the most important safety features in your home. It is important to properly install them and replace as needed. Follow the below guidelines to replace your smoke detectors:

1. At 15 years of age, most smoke detectors have a 50/50 chance of failing.
2. Manufacturer warranties expire within 3-5 years.
3. At 10 years of age, 30 percent of smoke detectors will fail.

***Regular monthly testing will help discover smoke detector failure, as well as dead or missing batteries.

How to Handle Door-to-Door Soliciting

The City of Shoreview's peddler permit ordinance requires peddlers, solicitors and transient merchants to register with the City prior to engaging in solicitation activities. While the registration includes a background check, it is in your best interest to use common sense and sound judgment when dealing with solicitors. Some cities have encountered unscrupulous individuals who have posed as legitimate peddlers and solicitors for the purpose of harassment, nuisance, theft and other unlawful activities.

Tips for residents

- Before you open your door, ask the peddler to see his or her permit. If the peddler does not produce a Shoreview permit, call the Ramsey County Sheriff's Department at 651.484.3366. A sheriff will be dispatched to the area and order the peddler to stop selling. Provide a detailed description on the individual and vehicle.
- Call the police if you notice someone looking in windows or walking in back yards. Peddlers can only conduct business at the main entrance of the house.

**Peddler Hour:
No peddling between
7 p.m. and 9 a.m. and
never on Sundays**

- If you choose not to have solicitors come to your door, you can post a sign that states "No Solicitors" (or something similar) at the main entrance of your house. Solicitation at a residence displaying similar signs is in violation of the ordinance and may result in criminal charges.

As Community Center Turns 20 - Shoreview Historical Society Looks Back to Old City Halls

As the City of Shoreview is planning the 20th anniversary of the Community Center, the Historical Society has gone through the archives for a look back to our old city halls.

Shoreview officially became a Village in 1957 and elected Ken Hanold as its first mayor. The first elected officers met in a small outbuilding, possibly a chicken coop, on Willis Wilson's property on County Road I.



First elected officers met in a small building on Willis Wilson's property

They were only a few short weeks when they moved into an office on the second floor of Mayor Ken Hanold's garage (Rice Street and 694).

When questions arose about renting property from a mayor, a search was conducted to look for another space. It was learned that Leo Sinna had available property: a former barn from which he had removed the second floor and had put on a flat roof; this became the new Village Hall on Highway 96.

Village Hall, next to the west of the Shoreview Ice Arena.



Last City Hall before the building of 1990

The next Village Hall, also on 96, had Sinna connections. Frank Sinna, also Leo's dad, sold a small house to the Village, which had been repaired following an explosion. At this time, Shoreview's governing was being done from a restored house and a converted barn.

Some community leaders decided it was time to build a new City Hall on July 17, 1973. A referendum was passed by a single vote and a modern structure was built. This was the site of Shoreview's government until 1990 when the City Hall and Community Center opened at Shoreview Commons.

Interesting facts about the 1990 building:

- If each of the concrete blocks in the project were laid end to end they would encircle the perimeter of Shoreview
- There will be enough water in the pool for each resident in Shoreview to have 6 gallons of water.

- There are 1.5 acres of carpeting in the building
- There are approximately 150 doors in the building
- If all exterior bricks were stacked one on top of each other, the pile would reach 5.5 miles high
- If all the feeder and the branch wiring in the building were laid end to end, it would reach the Minneapolis/St. Paul International Airport and back.
- The electric service and air conditioning capacity are equivalent to that of 55 typical residential homes.
- All the concrete in the building would be enough to fill the floor of the Metrodome one foot thick.

Submitted by the Shoreview Historical Society

City's Holiday Lighting Date Set

The annual Holiday Tree Lighting Ceremony will be held on Monday, November 22 beginning at 6 p.m. The choir from Turtle Lake School will again be helping celebrate this annual event. A short reception following the event will be held in the Richard Wedell Community Room.

No-Waste Holidays

Many of us will try to watch our waist this holiday season, but don't forget to watch your waste. On a typical day each of us creates about six pounds of garbage. During the holidays we create 25 percent more trash.

By taking a few simple steps we can trim our trash without curtailing the cheer.

Gift Wrap

Many people are surprised to find out their gift wrapping paper is not recyclable. Typical gift wrap has metal and other things in it to make it shiny

and attractive. Unfortunately those things mean paper mills can't use it to make new paper products.

Instead use gift bags which can be reused and recycled. Other suggestions include: using the Sunday comics, paper colored by the kids, using a scarf to wrap the present which then becomes part of the gift.

Stop Stuffing the Stocking with Stuff

For many people what makes the holidays bright is time spent with family



and loved ones. So give gifts of time and love instead of another sweater or knick knack. How about a coupon for a night of free babysitting? Try a gift certificate to a restaurant or tickets to concert. If you have a special talent such as baking or crafting, make a gift using your skills.

Find more ideas at www.reduce.org.

Help with Recycling

Shoreview's recyclers accept plastic bottles of types 1 and 2, but additional plastics, as well as many other materials not accepted in curbside recycling, are accepted at locations in our area.

PLASTICS

Coon Rapids Recycling Center

ci.coon-rapids.mn.us/recycling/recycle-center.htm

1831 111th Avenue NW

(one block east of Hanson), Coon Rapids
Wednesdays and Saturdays, 9AM to 3PM

Plastics: 1, 2, 4, 5, 6 (Clean, rinsed, and sorted by number)

Plastic bags, Styrofoam (rigid, white, and clean only)

See the website for a complete list and further details.

Eastside Food Co-op

eastsidefood.coop/content/plastics-recycling-eastside

2551 Central Avenue NE, Minneapolis
Thursdays, 3 to 7PM, and

Saturdays, 10AM-2PM, in the parking lot

Plastics 1 through 7 (Clean, rinsed and sorted by number, no prescription bottles or foam)



Whole Foods Market

St Paul and Minneapolis

wholefoodsmarket.com

30 S. Fairview Ave, St Paul and

3060 Excelsior Blvd, Minneapolis

8AM to 10PM daily - plastic collection bin in the cafe area

Plastic #5 and used Brita water pitchers are collected for the Preserve Gimme 5 program.

Plastic bags. Natural wine corks are collected for reuse as cork floor tiles.

Supermarkets

Most local grocery stores accept plastic bags including shopping bags, bread wrappers and water softener salt bags.

Visit itsinthebagmn.org/accepted-materials.cfm for a full list.

Aveda

aveda.com/aboutaveda/caps.tmpl

Aveda salons and the Blaine headquarters accept plastic screw-on caps from water and shampoo bottles

FLOWER POTS

gardenminnesota.com/help-for-home-owners/plastics-recycling/

Plastic flower pots are accepted at a number of garden and landscaping centers

CARPET

Brotex, brotex.com/carpetrecycling.aspx

840 Hampden Ave., St. Paul

Clean, dry and rolled carpet. See website for preparation instructions

ELECTRONICS

Best Buy – all locations, bestbuy.com

(select Recycling from the Services menu)

Most electronics, including TVs, DVD players, computer monitors, cables, cell phones, and more.

MATTRESSES

PPL Industries

pplindustries.org/dissassembly.html

1179 15th Avenue SE, Minneapolis

\$15 each

Find other places to recycle household goods:

www.co.ramsey.mn.us/ph/rt/a_to_z_disposal_guide.htm
rethinkrecycling.com

CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community for the community—programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at www.CTVNorthSuburbs.org. For more information, call 651-792-7515.

FOR INFORMATION CALL 651-490-4750

Rake for Lakes' Sake!



Autumn has arrived with its cool crisp nights, bright days, and falling leaves. Did you know that tree leaves are a source of phosphorus, the nutrient that turns our lakes and rivers green with algae?

In natural settings, phosphorus in fallen leaves is recycled back into the soil. But in urban areas, where much of the land is covered by pavement, tree leaves

that fall or are raked into the street lose phosphorus into rainwater which is carried to lakes and rivers through storm sewers.

Excessive algae growth looks bad, smells bad, and is no fun to swim or boat in. Steps residents can take to reduce the runoff of phosphorus that spurs algae growth are:

- Be your storm drain guardian. Rake or sweep leaves from your street and storm drains.
- Compost leaves and grass clippings on location or at a community yard waste collection site.
- Keep the street clean of other materials that contain phosphorus, such as grass clippings and eroded soil.
- Keep shorelines vegetated

More clean water tips are available at www.cleanwatermn.org, a resource of Metro WaterShed Partners, a collaboration of over forty water resource organizations and agencies.

Gallery 96 Art Center

Gallery 96 Hosts its 25th Fall 2010 Exhibition

Gallery 96 is holding its "Artist's Choice" exhibit this fall at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street November 13 - December 10th. Each paid member of Gallery 96 was invited to submit one piece of art for the show. Eight \$100 awards are being awarded. Opening night is Friday, November 12 from 6 - 8 p.m. An exhibition tour will be held on Saturday, November 13, from 11 a.m. - 12 p.m.

As part of this exhibit, a selection of paintings by Carole Booth will also be on display. Former Gallery 96 board member Carole Booth recently moved from Vadnais Heights to Kansas City to be closer to her family. Carole was an accomplished painter and a frequent exhibitor and award winner in our Gallery 96 shows. Before she left, Carole donated fifteen framed pastel and watercolor paintings to Gallery 96 to be sold to raise money for our shows and programs. The paintings will be on display during the Artist's Choice exhibit from November 12th through December 10th. There will be information there on how you can submit a silent auction bid via phone or the internet for one of these lovely paintings. They would make a wonderful holiday gift and bidding will start at just \$50 so be sure and stop by and check out Carole's paintings.

Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7 - 9 p.m. These are lively discussions of art and friendly critiques of the work of members and others. Upcoming dates are November 9, December 14, January 11, February 8 and March 8.

Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building. October 1 - December 28, 2010.

Free 2011 Water Quality Wall Calendars Available



The Rice Creek Watershed District (RCWD) will have complimentary 2011 wall calendars available for residents beginning in late November while supplies last.

The calendars feature pictures taken within the Rice Creek Watershed District boundaries and educational articles and snippets about protecting our lakes. Come pick up your calendar at the RCWD office (located in the "Village of Blaine" shopping center 4325 Pheasant Ridge Drive NE #611, Blaine, MN 55449 at 35W and Lexington Avenue) or at the Shoreview City Hall.

Shoreview Community Garden Club

The Shoreview Community Garden Club meets at the Shoreview Community Center on the first Wednesday of the month at 7 p.m. Experienced gardeners or beginners, all are welcome. Speakers talk on a wide range of gardening topics. Summer tours are held to get information and ideas. A Spring Plant Sale is held to raise money for Speakers and Activities. For more information contact Sandi at 651-484-4341 or sandilauer@comcast.net.

An exhibition of photographs taken in our neighborhood parks. The exhibit is based on the phrase "picture yourself in your city's park." The idea was for photographers to visit a park near where they lived and take pictures to show our pride in our local parks. January 2 - March 31, 2011

We will have our third annual "**SMALL WORKS**" exhibition. It will feature artworks having images no larger than 7"x 7" or 49 square inches.

More Information

Visit us online at www.gallery96.org, receive our quarterly newsletter or contact us at Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127 or call 651.484.8710.

Be a Good Neighbor: Don't Feed Wildlife

Shoreview is fortunate to have an abundance of park and open space areas that allow many varieties of wildlife to live in the City. This allows residents to see deer, fox, geese, ducks, wild turkeys and other wildlife. This wildlife can often become a nuisance for property owners and in neighborhoods if their populations become too concentrated in an area where there is not enough natural habitat. The concentration of wildlife in a certain area often times happens when homeowners either intentionally or unintentionally feed wildlife.

Shoreview's City Code prohibits the feeding of wildlife in the City. The City Code does allow for the feeding of songbirds as long as it is done from a bird feeder that is placed at sufficient height or is designed to prevent access by wild animals. Many groups, including

the Humane Society of the United States, either discourages or opposes the feeding of wildlife. Some of the key reasons include:

- Foods not formulated for animal consumption are rarely nutritionally adequate for wild animals and may cause serious health problems.
- Wildlife that becomes dependent on human food source often gathers in abnormally large numbers, which can spread disease in the animals.
- Feeding causes wildlife to lose their natural fear of people and some animals can become aggressive towards people, particularly during breeding season.
- Providing food to wildlife in residential areas can lead to property damage such as damage to trees, plants, gardens and in some cases, homes and automobiles.



- Pets, particularly dogs, can potentially become involved in altercations with wildlife exposing both the wildlife and the pets to injury and/or disease.

Public Meetings

City Council Meetings (also available on Channel 16)

November 1, 15 | December 6, 13 | January 3, 17
Meetings begin at 7 p.m. in the Council Chambers

City Council Workshops

November 8 | December 13 | January 10
Meetings begin at 7 p.m. in the Council Chambers

Planning Commission Meetings (also available on Channel 16)

November 23 | December 28 | January 25
Meetings begin at 7 p.m. in the Council Chambers

Bikeways and Trails Committee

November 4 | December 2 | January 6
Meetings begin at 7 p.m. in the Lower Conference Room

Environmental Quality Committee

November 22 | December 27 | January 24
Meetings begin at 7 p.m. in the Council Chambers

Parks and Recreation Commission

November 18 | December 16 | January 27
Meetings begin at 7 p.m. in the Council Chambers

Public Safety Committee

November 18 | January 20
Meetings begin at 7 p.m. in the Lower Conference Room

Economic Development Commission

November 16 | December 21 | January 18
Meetings begin at 7:30 a.m. in the Upper Conference Room

Economic Development Authority

November 8 | December 13 | January 10
Meetings begin at 5 p.m. in the Council Chambers

Human Rights Commission

November 17 | December 15 | January 26
Meetings begin at 7 p.m. in the Council Chambers

Other

November

- 5-6 Community Center 20th Anniversary
- 11 City Hall Closed for Veterans Day
- 25 City Hall Closed for Thanksgiving
- 26 City Hall Closed for Thanksgiving

December

- 6 Budget Hearing
- 24 City Hall Closed for Holidays
- 31 New Year's Eve Party

January

- 17 City Hall Closed for Martin Luther King, Jr. Day

Shoreview-Einhausen Sister City Association



The Shoreview-Einhausen Sister City Association (SESCA) is an organization dedicated to promoting friendship and international goodwill between the citizens of the greater Shoreview area and the people of our sister city of Einhausen, Germany. We foster this by holding events and meetings throughout the year and by helping to organize exchanges between students, adults, and community groups from our two cultures.

Interested in touring Germany? We are sponsoring a trip in the summer (June 16-July 2, 2011) that will visit the

city of Einhausen and the beautiful area surrounding Heidelberg as well as the northern cities of Bremen, Hamburg, Rostock, and Berlin. Local events include a German dinner each winter, involvement in the Slice of Shoreview, and monthly meetings. For more information about this volunteer group and our upcoming events please see our website at www.sesca.org.

CTV Schedule

Shoreview City Council Meetings

Live: First and Third Mondays at 7 p.m.
Rebroadcasts: M, W, F, and Saturdays noon and 7 p.m.

Shoreview Planning Commission Meetings

Live: Fourth Tuesday at 7 p.m.
Rebroadcasts: T, Th and Sundays at noon, 11 a.m. and 7 p.m.

Slice of Shoreview Celebrates Success and Plans 2011 Taste Event

The 2010 Slice of Shoreview proved to be another success. In addition to added booths, food vendors and participants, attendance also increased. A special thank you to all of the sponsors and volunteers that made the event such a success. Listed below are the winners of the 2010 Slice of Shoreview:

Drawings

Friday 10:00 pm. John MacDonald
Sat. 4:00 pm. Larry Chapman
Sat. 10:00 pm. Mary Cruciani
Sunday 4:00 pm. Kelly Brooks

Car Show Winners

Committee Choice
Earl Westlund / Model A Ford / Roseville

Car Winners

1ST place: Mark & Jenni Gruetman
65 Shelby Cobra / Shoreview
2ND place: Dan Rustad
47 Chevy Fleet line / Shoreview
3RD place: Earl Westlund
Model A Ford / Roseville

Motorcycle Winners

1ST place: Don Metz
2005 Springer Soft Tail / Shoreview
2ND place: Shawn McNevin
Pro Street from Strokes Dallas
Coon Rapids
3RD place: James Mudge
2002 HD Sportster / New Brighton

Good Guy

1ST place: Grag Helmer The Hamrrr
71 Harley / Vadnais Heights

Parade

Best Curb Appeal: Saint's North
Most Entertaining: Brooklyn Park
Drum & Bugle
Judge's Choice: Lee's Tae Kwon Do
Kozlak's Reception
Mike Yanisch - Bremer Bank

2011 Taste of Slice

The Slice of Shoreview Committee is currently planning the 2011 Taste of Slice for Thursday, February 24. This event will include great food, drinks and entertainment as the Committee kicks off the Slice of Shoreview 2011.

City Sets Budget Hearing Date: December 6

The City Council unanimously approved a 2011 preliminary tax levy of \$9,454,700 which will result in actual tax collection of \$9,102,559. This preliminary tax levy is a 4.8 % increase from the 2010 tax levy. Some of the items causing an increase in the levy are police and fire contractual costs, capital replacement costs and debt service costs. In addition, the City is expected to lose approximately \$350,000 in revenue (market value homestead credit aid) from the State and anticipates lower building permit revenues and interest earnings. A homeowner with a median valued home (\$249,300) whose property declined by 4.9% would experience a \$48 increase in the City portion of their property tax bill in 2011 under this preliminary levy.

Approval of the preliminary levy establishes the maximum tax levy the City can adopt. The City Council will continue to hold budget review sessions in November. A public hearing on the proposed 2011 budget and tax levy will be held on Monday, December 6, 2010, at 7 p.m.

Access Shoreview Launches: New E-mail Subscription Service

This new publication is intended to be weekly and provide access to City news and events to subscribed users. Subscribers were collected from our current e-mail subscription list. If you would like to receive this communication, click on the Access Shoreview button on the City's website, www.shoreviewmn.gov.

City Council

Sandy Martin, Mayor 651.490.4618
 sandymartin444@comcast.net
 Office Hours: Tuesdays 3-5 P.M.
 at City Hall

Blake Huffman 651.484.6703
 blakehuffman@comcast.net

Terry Quigley 651.484.5418
 tqigley@q.com

Ady Wickstrom 651.780.5245
 ady@adywickstrom.com

Ben Withhart 651.481.1040
 Benwithhart@yahoo.com

City of Shoreview

www.shoreviewmn.gov
 Phone 651.490.4600

Parks & Recreation 651.490.4750

Shoreview Comm. Center 651.490.4700

City

Terry Schwerm 651.490.4611
 City Manager tschwerm@shoreviewmn.gov

Jeanne Haapala 651.490.4621
 Finance Dir. jhaapala@shoreviewmn.gov

Tom Simonson 651.490.4612
 Assistant City Manager/Comm. Dev. Director
 tsimonson@shoreviewmn.gov

Jerry Haffeman 651.490.4751
 Parks and Recreation Director
 jhaffeman@shoreviewmn.gov

Mark Maloney 651.490.4651
 Public Works Director
 mmaloney@shoreviewmn.gov

Tower Interference 651.484.7510

Shoreview Area Library

4750 Victoria Street North
 Shoreview, MN 55126
 Phone: 651.486.2300
 www.ramsey.lib.mn.us

Federal Elected Officials

U.S. Senator Amy Klobuchar
 1200 Washington Avenue South, Suite 250
 Minneapolis, MN 55415
 Main Line: 612-727-5220
 Main Fax: 612-727-5223
 Toll Free: 1-888-224-9043

U.S. Senator Al Franken
 320 Hart Senate Office Building
 Washington, DC 20510
 DC Phone: 202-224-5641
 MN Phone: 651-221-1016
 Info@Franken.Senate.Gov

U.S. Representative Betty McCollum
 165 Western Avenue North
 Suite 17
 St. Paul, MN 55102
 651.224.9191
 www.house.gov/mccollum/contact.html

State Elected Officials

Governor Tim Pawlenty
 Minnesota State Capitol
 Room 130
 75 Rev. Martin Luther King Jr. Blvd.
 St. Paul, MN 55155
 651.296.3391
 tim.pawlenty@state.mn.us

State Senator Satveer Chaudhary-District 50
 317 State Office Building
 St. Paul, MN 55155
 651.296.4334
 Sen.satveer.chaudhary@senate.mn

State Senator Sandy Rummel-District 53
 323 Capitol Building
 St. Paul, MN 55155
 651.296.1253
 sen.sandy.rummel@senate.mn

State Senator John Marty-District 54
 323 State Office Building
 St. Paul, MN 55155
 651.296.5645
 Sen.john.marty@senate.mn

State Rep. Kate Knuth-District 50B
 429 State Office Building
 St. Paul, MN 55155
 651.296.0141
 Rep.kate.knuth@house.mn

State Rep. Paul Gardner-District 53A
 581 State Office Building
 St. Paul, MN 55155
 651.296.2907
 Rep.paul.gardner@house.mn

State Rep. Bev Scalze-District 54B
 357 State Office Building
 St. Paul, MN 55155
 651.296.7153
 Rep.bev.scalze@house.mn

County Elected Officials

Ramsey County Commissioner Tony Bennett
 City Hall-220 Courthouse
 15 W. Kellogg Boulevard
 St. Paul, MN 55102
 651.266.8350
 Tony.Bennett@co.ramsey.mn.us

Post Office

4390 McMenemy Street
 Vadnais Heights, MN 55127
 Phone: 651.481.1951

Police

Police protection is provided by the
Ramsey County Sheriff's Department. The
 District Office is located at 1411 Paul
 Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call
 651.484.3366**

For emergencies call 911

Fire

**For emergencies call 911
 Dispatch, Non-emergency
 651.767.0640**

Lake Johanna Fire Department
 Fire Chief, Tim Boehlke 651.481.7024

Station 1

3246 New Brighton Road
 Arden Hills, MN. 55126 651.633.0349

Station 2

4676 Hodgson Road
 North Oaks, MN. 55127 651.484.3444

Station 3 (Headquarters)

5545 Lexington Avenue North
 Shoreview MN 55126 651.481.7024

Station 4

3615 Victoria Street
 Shoreview MN 55126 651.483.0767

Ambulance & Paramedic

Ambulance and paramedic services are
 provided by Allina Medical Transportation.

For emergencies call 911

Hours:

Mon. 10 A.M. – 8:30 P.M.
 Tues. & Wed. 1:30 P.M. – 8:30 P.M.
 Thurs., Fri., & Sat. 10 A.M. – 5 P.M.
 Sun. noon – 5 P.M.

Animal Control

If you wish to report a lost or found pet,
 animal complaints or wandering pets, call
 the Ramsey County Sheriff's Office non-
 emergency number at 651.484.3366.
 For other emergencies call 911.

All impounded animals will be impounded
 at the following location:

Hillcrest Animal Hospital

1320 Highway 61

Maplewood, MN 55109

651.484.7211

Mon, Wed and Fri 8 A.M. – 6 P.M.

Tues and Thurs 8 A.M. – 8 P.M.

FOR INFORMATION CALL 651-490-4750

ShoreViews is published four times a year by the City of Shoreview and is mailed free of charge to City residents. Send comments, suggestions and submissions to the City Editor, Tessia Melvin, or to Parks and Recreation Editor, Shari Kunza at ShoreViews, 4600 N. Victoria St., Shoreview, MN 55126.

The City of Shoreview and the U.S. Postal Service make every effort to deliver ShoreViews in a timely manner. Extra copies are available at City Hall and at the Parks and Recreation office.

COMMUNITY CENTER

GENERAL INFORMATION AND HOURS



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

Kids Care Hours*

Monday–Friday

8:30 A.M. – 12:30 P.M.

4:00 P.M. – 8:00 P.M.

Saturday

8:30 A.M. – 12:30 P.M.

CLOSED: Nov. 25-27, Dec. 24, 25, and 31, Jan. 1. See p. 35 for details

*additional fee required

Community Center Information

- 14 laps equals 1 mile on the indoor track.
- Only half-court basketball games allowed in gym
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

Daily Fees Effective Jan. 1, 2011

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate*	Shoreview Resident*
Daily Pass		
Adult (18 and over)	\$ 8.50	\$ 7.00
Youth (1 to 17; under 1 free with paying adult)	\$ 7.50	\$ 6.00
Family* (Immediate family living in same household)	\$ 30.00	\$ 24.00
Seniors (65 and older)	\$ 7.50	\$ 6.00

*Family pass is limited to six individuals. Each additional person is \$4.00.

Indoor Playground Only (ages 1 to 12) \$ 4.50 \$ 4.50

Coupon Books (Includes 10 daily passes)

Adult	\$ 76.50	\$ 63.00
Youth/Senior	\$ 67.50	\$ 54.00
Playground	\$ 40.00	\$ 40.00

Senior Track Discount (65 and over)

Per visit	\$ 3.75	\$ 2.75
Punch card	\$ 29.00	\$ 21.00

*Sales Tax will be added to these prices. Fees are subject to change.

We welcome payment by Visa and MasterCard.



Hours

	Community Center	Water Park	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:30 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

Nov 22-24	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
November 25	5:00 A.M. – 10:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
November 26	5:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
December 24	5:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
December 25	CLOSED	CLOSED	CLOSED
December 27-30	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
December 31*	5:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.

*Family New Year's Eve Party is 6:00 – 9:00 on Dec. 31. See inside back cover for more information

January 1	8:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
January 17	5:00 A.M. – 10:00 P.M.	Noon – 8:30 P.M.	8:00 A.M. – 8:00 P.M.
February 21	5:00 A.M. – 10:00 P.M.	Noon – 8:30 P.M.	8:00 A.M. – 8:00 P.M.

Lap Swim Hours**

Monday-Friday	5:00 A.M. – 11:50 A.M.
Monday-Thursday	8:30 P.M. – 9:45 P.M.
Monday, Wednesday	4:00 P.M. – 6:00 P.M.
Tuesday, Thursday	4:00 P.M. – 5:00 P.M.
Saturday	6:00 A.M. – 8:15 A.M.
Sunday	6:00 A.M. – 11:50 A.M.

**Lanes are limited. Ask at the service desk for a complete schedule.

Drop-in Volleyball Rate: daily admission or free to members.

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

COMMUNITY CENTER

MEMBERSHIP FEES AND BENEFITS

Membership Fees Effective Jan. 1, 2011

Annual Membership

	Rate*	Shoreview Resident*
Family	\$ 650.00	\$ 510.00
Dual	\$ 575.00	\$ 455.00
Adult	\$ 385.00	\$ 295.00
Youth/Senior	\$ 305.00	\$ 240.00

Seasonal Membership (Three month)

Family	\$ 250.00	\$ 205.00
Dual	\$ 230.00	\$ 180.00
Adult	\$ 165.00	\$ 125.00
Youth/Senior	\$ 125.00	\$ 100.00

Annual Membership Billed Monthly (With one year membership agreement)

Family	\$ 59.00	\$ 48.00
Dual	\$ 51.00	\$ 43.00
Adult	\$ 35.00	\$ 29.00
Youth/Senior	\$ 30.00	\$ 24.00

*Sales tax will be added to these prices. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family is immediate family residing in the same household and children must be under 22 years of age. Proof of dual and family member qualification is required.

Fees are subject to change.

We welcome payment by Visa and Mastercard.



Membership questions?

Contact Guest Services at **651-490-4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739.

BLUE CROSS BLUE SHIELD OF MINNESOTA
BLUE CROSS BLUE SHIELD OF NORTH DAKOTA
HEALTH PARTNERS · MEDICA · UCARE



Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.

Membership Renewal Reward!

The Community Center will be offering FREE guest passes to all annual membership renewals.

NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 2 family guest passes
- 2 fitness drop-in class passes
- 2 Wave Cafe coupons
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions

ExperienceUs book is designed to encourage new members to experience all the amenities the Community Center has to offer.



*The Shoreview
Community Center
is the perfect place to
spend time with your
friends and family
while getting your
daily workout!*

TROPICS INDOOR WATERPARK

Waterpark Hours

Effective January 1, 2011

Monday & Wednesday . 4:00 – 8:30 P.M.
 Tuesday & Thursday . . . 6:00 – 9:00 P.M.
 Friday 4:00 – 9:45 P.M.
 Saturday 12:00 – 7:45 P.M.
 Sunday 12:00 – 6:00 P.M.

Waterpark Holiday Hours

Nov 22-24 Noon – 9:00 P.M.
 November 25 Noon – 4:00 P.M.
 November 26 Noon – 10:00 P.M.
 December 24 Noon – 4:00 P.M.
 December 25 CLOSED
 December 27-30 . . . Noon – 9:00 P.M.
 December 31* Noon – 4:00 P.M.
**Family New Year's Eve Party is 6:00 – 9:00 on
 Dec. 31. See page 44 for more information*
 January 1 Noon – 7:45 P.M.
 January 17 Noon – 8:30 P.M.
 February 21 Noon – 8:30 P.M.

The Waterpark includes Shark Attack waterslide, beach boat slide, floating sea creature, water walk, volleyball and basketball.

NEW POOL HOURS

M-F 5:00 A.M. – 9:45 P.M.
 Sat 6:00 A.M. – 7:45 P.M.
 Sat 6:00 A.M. – 6:00 P.M.



Experience the excitement of Tropics Indoor Waterpark. Journey to the north metro's tropical destination for family fun and create treasured memories.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

New riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from over 100 songs and enjoy a custom light and music show while they twist and turn down our thrilling slide.

Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be with in arm's reach of the child at all times.

Pool Information

- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present with in arm's reach. Arm floatation and floatation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 year old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms.
- Complete pool schedule and lap swim policy area available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to www.shoreviewmn.gov

COMMUNITY CENTER

TROPICAL ADVENTURE INDOOR PLAYGROUND

Come CRAWL through the caves, SWING through the jungle, slip down the waterfall SLIDE, and SCREAM down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12

FREE to members

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- For information about **reserving space for your group**, call 651-490-4790.

See page
10 for holiday
hours!



FOR INFORMATION CALL 651-490-4750

SPEND YOUR BIRTHDAY IN THE TROPICS

14



Make Your Child's Birthday Party Special!

Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the *tropical themed poolside birthday party rooms*! Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

Call 651-490-4790
to reserve your party package today!



TROPICAL PACKAGE

Cake Deal

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$16 per person
\$15 Shoreview Resident

Meal Deal

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$19 per person
\$18 Shoreview Resident

ADVENTURE PACKAGE

Cake Deal

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$14 per person
\$13 Shoreview Resident

Meal Deal

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$17 per person
\$16 Shoreview Resident

Beachcomber Bay *(shared party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

Coconut Cove *(private pool-side party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

Meeting / Party Rooms*

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$45 Regular rental fee
\$30 Shoreview Resident rental fee

*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

PARTY IN THE TROPICS

Special Rentals Have the Place to Yourself and Invite Your Friends!

Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. Prices are per person.

Overnight Rentals

Rate: \$19; \$17 Shoreview Resident

Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours	\$ 9.50	\$ 9.00
Three hours	\$10.00	\$ 9.50
Four hours	\$10.50	\$10.00

*Sales tax not included.

Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

MARK YOUR CALENDAR!



Family New Year's Eve Party

Friday, Dec. 31, 6:00 P.M. – 9:00 P.M.

Go on Safari with your family at Shoreview's annual New Year's Eve Party! Guide your way through safari themed rooms for face painting, crafts, and games. Ring in the New Year with a spectacular balloon drop at 8:45 p.m. Register by December 29th and save! See page 44 for more details.

Dive 'n' Movie

Friday, Jan. 14 & March 11 7:00 P.M.

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive 'n' Movie nights! Guests can float or lounge on pool-side chairs and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie is your ticket. Free for Community Center Members. See page 45 for more details.

Sweetheart Dance

Friday, February 11, 6:00 P.M. – 8:00 P.M.

Put on your party clothes, grab a special adult, and join us for our first annual Sweetheart Dance! There will be music, crafts, food and fun for all to enjoy. See page 45 for more details.

Shoreview Egg Hunt

Ages 10 and under
Saturday, April 16, 9:30 A.M. – 11:00 A.M.

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. See page 45 for more details.

BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.

16



Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 595	\$ 520
Friday	\$ 950	\$ 850
Saturday	\$1,125	\$1,025

Fees are subject to change. Tax not included. Call for more information.

Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 395	\$ 320
Friday	\$ 695	\$ 595
Saturday	\$ 815	\$ 710

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210	\$ 180
Friday and Saturday	N/A	N/A

Fees are subject to change. Tax not included. Call for more information.

Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

COMMUNITY & MEETING ROOM FACILITIES

Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

**Sales tax not included. Refundable damage deposit required.*

Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. Seats 15

Shamrock Park Seats 35

McCullough Park. . . . Seats 15

Commons Park Seats 20

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment.

- Island Lake Room is rented in 2-hour blocks.

- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

**Sales tax not included.*

Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.

- Rates are listed per room for each time block rented.

- Refundable damage deposit: \$25 per room.

Rate: \$45; \$30 Shoreview Resident (50% of group living in Shoreview)

**Sales tax not included.*



Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600





Dive 'n' Movie Page 45



Aquatics Page 22



Group Fitness Page 27



Kid's Corner Preschool Page 36



Special Events Page 44

WINTER RECREATION

WINTER REGISTRATION SCHEDULE

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, November 30

On-line registration for residents begins at 8:00 A.M.

Tuesday, December 7

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

Annual Community Center Member Registration

Tuesday, December 7

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, December 9

On-line registration begins at 8:00 A.M.

Tuesday, December 14

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



PROGRAMS

ONLINE REGISTRATION INFORMATION

Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!

What you need to know:

- Each family needs a household ID and password
- New users need to request a household ID and password at least 5 days before registration begins
- When it is your date to register, log-on to <https://registration.shoeviewmn.com> and choose your classes

New Users

- Registering on-line requires a household ID and password
- To obtain a household ID and password, complete a Participant Information Form by:
 - ~ Download it from the web: <http://www.shoeviewmn.gov>
 - ~ Stop by during office hours to complete a form in person
 - ~ Call 651-490-4750 to have a form faxed or mailed to you

Current Users

- You have a household ID and password assigned to your family
- To add a family member to your account, call 651-490-4750 or email recreation@shoeviewmn.gov
- If you have forgotten your household ID and password, please contact us at 651-490-4750

Questions?

Call 651-490-4750 or email recreation@shoeviewmn.gov

Register NOW for:

Personal Training

CPR/First Aid Classes

Holiday Drop & Shop

Letter from Santa

Skate with Santa

Family New Year's Eve Party



Tumbling Page 39



Youth Sports Page 46



School's Out Programs Page 41



Ice Skating Page 20



Adult Activities Page 49

SKATING RINKS

SKATE AT A CITY RINK

Ice rinks are scheduled to open for public skating Saturday, December 18 thru February 21, depending on weather and ice conditions. Ice Rink Attendants are needed for the 2010–2011 season. Assist skaters at one of Shoreview's seven outdoor ice skating facilities. A great job for seniors, adults, and youth (16 years and older). For an application call the Shoreview Job Line at 651-490-4637.

Bobby Theisen Park

3575 Vivian Street
651-483-3043

Bucher Park

5900 Mackubin Street
651-415-0609

McCullough Park

915 County Road I
651-484-4350

Shoreview Commons

4650 North Victoria Street
651-490-4748

Sitzer Park

4344 Hodgson Road
651-288-0062

Shamrock Park

5623 Snelling Avenue
651-785-1758

Wilson Park

815 County Road F
651-482-9555

WARMING HOUSE INFORMATION

Enjoy Shoreview's outdoor ice-skating rinks. As a general rule, the warming houses close if temperatures are below -10 degrees or if windchills drop below -25 degrees or if we have substantial snowfall. **Call 651-490-4765 for a weather line update.**

Warming House Hours

Warming Houses will generally be open according to the following schedule:

Monday – Friday 4:30 P.M. – 8:30 P.M.
Saturdays 10:00 A.M. – 8:00 P.M.
Sundays 12:00 P.M. – 8:00 P.M.

We will increase hours during Mounds View School District Holidays. Holiday schedules will be posted at the rinks. **This schedule is subject to change due to weather and other factors.**

Skating rinks are available for private rental.
Call 651-490-4753 for more information.

OPEN SKATING AT SHOREVIEW ICE ARENA

Public open skating is available at the Shoreview Ice Arena (operated by Ramsey County). Call 651-748-2500 for dates and times or **visit www.co.ramsey.mn.us**.

TRAILS FOR CROSS COUNTRY SKIING

Ramsey County Parks and Recreation offers marked and groomed cross-country ski trails at County Parks. All trails are open daily from sunrise to sunset. Trail maps and grooming patterns for each park are available; please call 651-748-2500. **www.co.ramsey.mn.us**.

Battle Creek Regional Park *(Lower Afton Road Site)*

One quarter mile east of McKnight Road. 6 km. of marked traditional trails for all skill levels.

Winthrop Street Site

1 block south of Upper Afton Road. 5.5 km. of intermediate/advanced traditional and skate/ski trails.

Keller Golf Course

2166 Maplewood Drive. Three-quarter mile of beginner, 4 km. of intermediate traditional trails and 4 km. skate skiing.

Snail Lake Regional Park

580 Snail Lake Boulevard. 7 km. of intermediate traditional trails.

Manitou Ridge Golf Course

3200 North McKnight Road. 5 km. of intermediate/advanced traditional and skate-skiing trails.

Tamarack Nature Center

5237 Otter Lake Road.
3 km. of beginner/intermediate traditional trails, 4 km. Miles of advanced traditional. Ski rental available.



ICE SKATING

RECREATIONAL ICE SKATING INSTRUCTION



WINTER 2011

Saturdays, January 8 – February 19 (7 week session)

\$77; \$67 Shoreview Resident (Snowplow Sam to Level 6 and specialized classes)

\$117; \$112 Shoreview Resident (Pre-snowplow)

\$157; \$147 Shoreview Resident (Private Lessons)

\$117; \$112 Shoreview Resident ; minimum of two participants of equivalent ability (must register at same time) (Semi-Private Lessons)

The Shoreview Arena, 96 and Victoria

PRESKILLS

Pre-Snowplow

Beginning skating class for 4-8 year old participants that are unable to stand on the ice with out assistance from an adult. This class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques. All participants must wear a helmet while on the ice.

Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year olds. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. This class is for beginning skaters with no previous skating experience. Participants must be able to stand on ice skates without assistance.

BASIC

Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking.

Level 4

Teaches forward edges, forward crossovers & backward glides.

Level 5

Works on backward edges, back crossovers, forward three turns and hockey stop. Figure skates are highly recommended for this class.

Level 6

Includes forward mohawk, combination movements, and backward inside three turns. Figure skates are highly recommended for this class.

Helpful Tips for Skaters: Lace skates more snugly in the middle of the shoe than at the top or bottom for best support. Skates should fit correctly—don't use skates that are too big. Keep the blades sharp. Wear one pair of light-weight wool or synthetic socks. Cotton socks are not suitable for skating. If a child does not meet the basic requirements of the level registered for, it is at the discretion of the instructor to adjust the child's level.

Helmets: For safety, all participants in Snowplow Sam, Pre-Snowplow, Readiness Level 1, and Readiness Level 2 are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

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PRIVATE & SEMI-PRIVATE LESSONS

Personalized, high-quality skating instruction for all ages that want to improve their skating ability. This program offers one-on-one skating instruction for the casual or competitive skater. Note: Private lessons only last 30 minutes. Semi-private classes must have a minimum of two people registered to be held.

SPECIALIZED CLASSES

Free Style

Includes entry-level free style movements. Develops forward inside pivot, two-foot spin, waltz jump, footwork, straight-line spiral, and more. Figure Skates required for this class.

Adult

This class will benefit all skill levels. Participants will be challenged based on their individual skills, ranging from the basics of skating, including forward and backward gliding and stroking, turning and stopping to more advanced skills, including the use of inside and outside edges, crossovers, and combined movements to increase ice-skating pleasure. Class is tailored to meet participants needs.

FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	170407-01
	Level 1	170401-01
	Freestyle	170408-01
10:00 A.M. – 10:35 A.M.	Snowplow	170407-02
	Level 2	170402-01
	Level 3	170403-01
10:45 A.M. – 11:20 A.M.	Snowplow	170407-03
	Level 2	170402-02
	Level 3	170403-02
11:25 A.M. – 12:00 P.M.	Level 1	170401-02
	Level 4	170404-01
	Level 5	170405-01
	Level 6	170406-01
12:05-12:35 P.M.	Pre-Snowplow	170412-01
	Adult	170409-01
	Private	170410-01
	Private	170410-02
	Semi-private	170411-01
	Semi-private	170411-02

SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. A variety of lessons are available to meet your students individual needs. Students will learn new skills and build on previously learned, making each level progressive throughout the session. Our team of instructors participate in ongoing training session and are chosen based on their desire to teach, enthusiasm, and ability. The Community Center pool water temperature is kept between 83 and 84 degrees.

Group Lessons

Rates for all group lessons: \$68; \$58 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7

**Small
Class Sizes**

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

Private Lessons (PR)

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$135; \$125 Shoreview Resident

\$105; \$95 Shoreview Resident each for two participants of equivalent ability

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 24 and 25.

Free Swim Checks

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk.

Location: Shoreview Community Center Pool

Saturday, Dec. 4, 11 A.M. – 12 P.M. . . . **Activity # 130116-01**

Sunday, Dec. 5, 11 A.M. – 12 P.M. . . . **Activity # 130116-02**

Saturday, Dec. 11, 11 A.M. – 12 P.M. . . **Activity # 130116-03**



AQUATICS LEVEL DESCRIPTIONS

Star Fish 1 *Ages 9 Months to 24 Months*

Star Fish 2 *Ages 24 Months to 36 Months*

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

Preschool (PS) – Jelly Fish *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

Level 1 (L1) – Angel Fish

Ages 4 or passed preschool level

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years.

Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Stroke techniques
- Basic workouts

Adult Instruction (AI) *Ages 18 and over*

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

Home School Lessons

Have your children taken a break from the books lately? Here is the perfect opportunity to get your children active and learn how to swim at the same time. Check out our group swimming lesson levels and times for Thursday Mornings on page 25.

SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

12 hours, Times and Dates upon request

\$100; \$90 Shoreview Resident

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in a 12 hour training program. To be considered for employment you must be age 16 and successfully completed the SIA course. If employed you will be required to complete a CPR and First Aid Training Course. Call the Aquatic Coordinator to set up meeting dates and times at 651-490-4766.

RED CROSS WATER SAFETY INSTRUCTOR COURSE (WSI)

Ages 16+ Pack a lunch, snacks, swim suit, and towel!

*Mon-Thur, March 14 – 17 8:00 A.M. – 5:00 P.M.
\$250; \$240 Shoreview Resident Activity # 150306-01*

The Water Safety Instructor course will teach candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics, and two levels of Parent and Child Aquatics. American Red Cross Water Safety Instructor certification is current for 2 calendar years. Participants must attend all class sessions, participate in all activities, successfully complete all practice teaching assignments, and pass the written exam. Participant must be 16 years old on or before the last day of the instructor course.

AQUATICS

MONDAY

Jan. 3 - March 7

No class Jan. 17 or Feb. 21

Morning

9:00 - 9:35 A.M.	LI	I30101-01
9:40 - 10:15 A.M.	PS	I30111-01
10:20 - 10:55 A.M.	L2	I30102-01

Evenings

4:00 - 4:35 P.M.	LI	I30101-05
	L2	I30102-04
	L2.5	I30112-02
	PR	I30114-05
4:45 - 5:20 P.M.	PR	I30114-06
	PS	I30111-05
	LI	I30101-06
	LI	I30101-07
5:30 - 6:05 P.M.	L4	I30104-02
	PR	I30114-07
	PR	I30114-08
	PS	I30111-06
6:15 - 6:50 P.M.	L2	I30102-05
	L2.5	I30112-03
	L2.5	I30112-04
	L3	I30103-02
6:20 - 6:50 P.M.	PS	I30111-07
	PS	I30111-08
	L2.5	I30112-05
	L4	I30104-03
7:00 - 7:35 P.M.	L5	I30105-02
	SF 2	I30110-02
	LI	I30101-08
	L2	I30102-06
7:45 - 8:20 P.M.	L2.5	I30112-06
	L3	I30103-03
	L6	I30106-01
	L2	I30102-07
	L7	I30107-01
	AI	I30115-01
	PR	I30114-09
	PR	I30114-10

TUESDAY

Jan. 4 - Feb. 22

Morning

9:10 - 9:45 A.M.	PS	I30111-02
9:50 - 10:25 A.M.	L2	I30102-02
10:30 - 11:05 A.M.	LI	I30101-02
11:10 - 11:40 A.M.	PR	I30114-01

Evenings

4:00 - 4:35 P.M.	LI	I30101-09
	L2	I30102-08
	L2.5	I30112-07
	PR	I30114-11
4:45 - 5:20 P.M.	PR	I30114-12
	PS	I30111-09
	LI	I30101-10
	L2	I30102-09
5:30 - 6:05 P.M.	L2.5	I30112-08
	L2.5	I30112-09
	L3	I30103-04
	LI	I30101-11
6:15 - 6:50 P.M.	L2	I30102-10
	L3	I30103-05
	PR	I30114-13
	PR	I30114-14
6:20 - 6:50 P.M.	PS	I30111-10
	PS	I30111-11
	L2.5	I30112-10
	L3	I30103-06
7:00 - 7:35 P.M.	L4	I30104-04
	SF 1	I30110-03
	LI	I30101-12
	L2	I30102-11
7:45 - 8:20 P.M.	L4	I30104-05
	L5	I30105-03
	AI	I30115-02
	L2	I30102-12
	YB	I30113-01
	PR	I30114-15
	PR	I30114-16
	PR	I30114-17
	PR	I30114-18

WEDNESDAY

Jan. 5 - Feb. 23

Morning

9:10 - 9:40 A.M.	PR	I30114-02
9:50 - 10:25 A.M.	PS	I30111-03
10:30 - 11:00 A.M.	SF1 & SF2	I30110-01
11:05 - 11:40 A.M.	LI	I30101-03

Evenings

4:00 - 4:35 P.M.	PS	I30111-12
	L2	I30102-13
	PR	I30114-19
	PR	I30114-20
4:45 - 5:20 P.M.	PR	I30114-21
	PR	I30114-22
	PS	I30111-13
	LI	I30101-13
5:30 - 6:05 P.M.	L2	I30102-14
	L2.5	I30112-11
	L2.5	I30112-12
	L5	I30105-04
6:15 - 6:50 P.M.	PS	I30111-14
	PS	I30111-15
	LI	I30101-14
	L3	I30103-07
6:20 - 6:50 P.M.	L4	I30104-06
	PS	I30111-16
	LI	I30101-15
	L2.5	I30112-13
7:00 - 7:35 P.M.	L3	I30103-08
	YB	I30113-02
	SF 1	I30110-04
	LI	I30101-16
7:45 - 8:20 P.M.	L2	I30102-15
	L2.5	I30112-14
	PR	I30114-23
	PR	I30114-24
	PR	I30114-25
	L2	I30102-16
	L5	I30105-05
	PR	I30114-26
	PR	I30114-27
	PR	I30114-28
	PR	I30114-29

A Note About Community Center Lessons

Open recreational use is not restricted during the weekday; if you wish to swim before or after lessons, please purchase a wristband at the front desk. If you are concerned about other swimmers affecting your child's lessons, sign up for weekend morning lessons at the Community Center, open swim does not begin until 12 PM.

LESSONS

Group

\$68; \$58 Shoreview Resident

Private

\$135; \$125 Shoreview Resident

Semi-Private

\$105; \$95 Shoreview Resident
(2 participants of equivalent ability)

AQUATIC KEY

LI Level 1,2, etc...

SF1 - Star Fish 9-24 mths

SF2 - Star Fish 24-36 mths

AI Adult Instruction

PS Preschool

PR Private Lessons

YB Youth Beginner

THURSDAY Jan. 6 - Feb. 24

Morning

8:30 - 9:05 A.M.	L2	I30102-03
9:10 - 9:45 A.M.	L2.5	I30112-01
9:50 - 10:25 A.M.	L3	I30103-01
10:30 - 11:05 A.M.	L4	I30104-01
11:10 - 11:45 A.M.	L5	I30105-01

Evenings

4:00 - 4:35 P.M.	LI	I30101-17
	L2	I30102-17
	L2.5	I30112-15
	PR	I30114-30
	PR	I30114-31
4:45 - 5:20 P.M.	PS	I30111-17
	LI	I30101-18
	L3	I30103-09
	L4	I30104-07
	PR	I30114-32
5:30 - 6:05 P.M.	PR	I30114-33
	PS	I30111-18
	LI	I30101-19
	L2	I30102-18
	L2.5	I30112-16
6:15 - 6:50 P.M.	L6	I30106-02
	PS	I30111-19
	L2	I30102-19
	L2.5	I30112-17
	L3	I30103-10
6:20 - 6:50 P.M.	L5	I30105-06
	SF 2	I30110-05
	PS	I30111-20
	LI	I30101-20
	L2.5	I30112-18
7:00 - 7:35 P.M.	YB	I30113-03
	PR	I30114-34
	PR	I30114-35
	L3	I30103-11
	AI	I30115-03
7:45 - 8:20 P.M.	PR	I30114-36
	PR	I30114-37
	PR	I30114-38

FRIDAY Jan. 7 - Feb. 25

Morning

9:10 - 9:45 A.M.	PS	I30111-04
9:50 - 10:25 A.M.	LI	I30101-04
10:30 - 11:00 A.M.	PR	I30114-03
11:10 - 11:40 A.M.	PR	I30114-04

SATURDAY Jan. 8 - Feb. 26

Morning

8:15 - 8:50 A.M.	PS	I30111-21
	LI	I30101-21
	L2	I30102-20
	L2.5	I30112-19
	L3	I30103-12
	PR	I30114-39
	PR	I30114-40
	PR	I30114-41
	PR	I30114-42
	PR	I30114-43
PR	I30114-44	
9:00 - 9:35 A.M.	PS	I30111-22
	PS	I30111-23
	LI	I30101-22
	L2.5	I30112-20
	L2.5	I30112-21
	L4	I30104-08
	L5	I30105-07
	YB	I30113-04
	PR	I30114-45
PR	I30114-46	
9:05 - 9:35 A.M.	SF 2	I30110-06
9:45 - 10:20 A.M.	PS	I30111-24
	LI	I30101-23
	L2	I30102-21
	L2	I30102-22
	L2.5	I30112-22
	L3	I30103-13
	L4	I30104-09
	L6	I30106-03
	PR	I30114-47
	PR	I30114-48
9:50 - 10:20 A.M.	SF 1	I30110-07
10:30 - 11:05 A.M.	PS	I30111-25
	PS	I30111-26
	LI	I30101-24
	L2	I30102-23
	L2.5	I30112-23
	L2.5	I30112-24
	L3	I30103-14
	L5	I30105-08
	L7	I30107-02
	PR	I30114-49
PR	I30114-50	

SNORKELING

Ages 8 to 13

Saturday, December 18 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 430306-03**
Monday, December 27 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 430306-04**
Saturday, March 5 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Residents **Activity # 130306-01**
Saturday, March 19 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 130306-02**

Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

GIRL SCOUTS, BOY SCOUTS

\$15 Indiv; \$10 each for 2 or more . . . **Activity # 130301-01**

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you. Program time approx. 30–40 minutes. Please call 651-490-4766 to schedule a time.

LIFEGUARDING TRAINING

Ages 15+ Pack a lunch, swimsuit, towel and snacks!

Monday – Thursday, Dec. 27-30 8:00 A.M. – 5:00 P.M.
\$200; \$190 Shoreview Resident **Activity # 450402-01**
Wed., Sat. and Sun, Feb. 23 – Mar. 6
Wed: 5 – 10 PM; Sat: 8 AM – 2 PM; Sun: 10 AM – 4 PM.
\$200; \$190 Shoreview Resident **Activity # 150402-01**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, current for 3 years; and CPR for the Professional Rescuer, current for one year. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- 300-yard swim
- 2-minute treading water
- Retrieve 10 lb. brick from pool bottom

RED CROSS COMMUNITY CPR/AED

\$78; \$68 Shoreview Resident 5:30 P.M. – 10:00 P.M.
Wednesday, December 8 **Activity # 450301-02**
Monday, Jan. 24 **Activity # 150301-01**
Tuesday, Feb 15 **Activity # 150301-02**
Monday, March 28 **Activity # 150301-03**
Tuesday, April 26 **Activity # 150301-04**

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

RED CROSS STANDARD FIRST AID

\$50; \$45 Shoreview Resident
Thurs. Dec. 9, 5:30 P.M. – 8:30 P.M. . . **Activity # 450302-02**
Wed. Jan. 26, 6:00 P.M. – 9:00 P.M. . . **Activity # 150302-01**
Thurs. Feb. 17, 6:00 P.M. – 9:00 P.M. . . **Activity # 150302-02**
Wed. Mar. 30, 6:00 P.M. – 9:00 P.M. . . **Activity # 150302-03**
Thurs. April 28, 6:00 P.M. – 9:00 P.M. . **Activity # 150302-04**

Shoreview Community Center

Learn how to provide basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrives.

RED CROSS COMMUNITY CPR/AED AND FIRST AID

Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE! Refer to course descriptions above.

\$90; \$80 Shoreview Resident Shoreview Community Center
Wed. Dec. 8 . . 5:30 – 10 P.M. and Thur. Dec. 9 6:30 – 8:30 P.M.
. **Activity # 450303-03**
Mon. Jan. 24 . . 5:30 – 10 P.M. and Wed. Jan. 26 7:00 – 9:00 P.M.
. **Activity # 150303-01**
Tues. Feb. 15 5:30 – 10 P.M. and Thurs. Feb. 17 7:00 – 9:00 P.M.
. **Activity # 150303-02**
Mon. Mar. 28 5:30 – 10 P.M. and Wed. Mar. 30 7:00 – 9:00 P.M.
. **Activity # 150303-03**
Tues. Apr. 26 5:30 – 10 P.M. and Thurs. Apr. 28 7:00 – 9:00 P.M.
. **Activity # 150303-04**

SEE PAGE 42 FOR YOUTH FIRST AID

FITNESS REGISTRATION

Call for information: 651-490-4750

WINTER SESSION – 10 weeks January 3 – March 13

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

Annual Members receive 30% off group fitness classes listed on pp. 28-29 with the exception of Kids Yoga and Youth Fitness classes. (Discount now available online.)

FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Class	Rate	Activity #
Revvig, Hip Hop, Zumba		
.....	\$40; \$35 Shoreview Resident	.. 110401-01
Yoga, Pilates, and Yopalates		
.....	\$45; \$40 Shoreview Resident	.. 110402-01
All Other Fitness Classes		
.....	\$28; \$25 Shoreview Resident	.. 110403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yopalates	\$10; \$9 Shoreview Resident
Revvig, Hip Hop, and Zumba	\$9; \$8 Shoreview Resident
All Other Fitness Classes Drop-in Rate	\$6.50; \$5.50 Shoreview Resident

FITNESS CLASS DESCRIPTIONS

Arthritis Foundation Tai Chi Program®

The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.



Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge.

Candlelight Yoga

A mind-body yoga class done in the relaxing atmosphere of candlelight. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

Cardio BOSU

Come work your core while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training exercises.

FITNESS CLASS DESCRIPTIONS

Cardio Groove

Get your groove on in this low-impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn combinations of low impact movements. Before you know it, you will be cooling down and finishing with a core workout.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.

Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

Mind/Body Yoga & Yoga Stretch

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. Intermediate Pilates needs to have basic knowledge and previous Pilates experience.

Power Pump

This workout is like having your own personal trainer in a group setting. Power Pump will target all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times a week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

Revvng

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvng is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with "hill climbs" and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvng bikes is adjustable to accommodate all levels and intensities.

Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body with some cardio moves thrown in to improve cardiovascular health. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or run a marathon this class is for you.

Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

Yoga Strength & Fitness Yoga

Gain strength, stamina, and balance with this athletic style of yoga. This is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

Perinatal Yoga

Classic yoga poses have been selected specifically to help relieve the aches and pains of pregnancy. Each pose is safe to perform throughout all trimesters of pregnancy and participants will find the breathing techniques and pelvic floor exercises valuable during labor and delivery.

Zumba

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

Zumba Circuit

Zumba Circuit incorporates strength and cardiovascular exercises to provide a circuit style total body workout with the fun and energy of Zumba.

Zumba Gold

Zumba® Gold is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba class Zumba Gold is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

WATER EXERCISE

Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.



GROUP FITNESS SCHEDULE

MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

January 3 – March 13 (10 weeks)

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY				
5:35 A.M.	Total Body Workout	\$52/\$47	110502-01	Studio 1
8:30 A.M.	Classic Core Conditioning	\$52/\$47	110539-01	Studio 1
8:30 A.M.	Strength Training	\$52/\$47	110517-01	Studio 2
9:15 A.M.	Aqua Splash	\$52/\$47	110522-01	Pool
9:30 A.M.	Circuit	\$52/\$47	110505-01	Studio 1
9:30 A.M.	Core Fusion	\$52/\$47	110531-03	Studio 2
10:15 A.M.	Arthritis Fdn. Aquatic Prog	\$52/\$47	110164-03	Pool
11:40 A.M.	Mind/Body Yoga	\$82/\$77	110506-01	Studio 2
TUESDAY				
5:35 A.M.	Power Pump	\$52/\$47	110523-01	Studio 2
8:30 A.M.	Mind/Body Yoga	\$82/\$77	110506-02	Studio 1
8:30 A.M.	Power Pump	\$52/\$47	110523-02	Studio 2
9:15 A.M.	Aqua Splash	\$52/\$47	110522-03	Pool
9:30 A.M.	Step It Up	\$52/\$47	110516-01	Studio 2
9:30 A.M.	Pilates	\$82/\$77	110507-01	Studio 1
10:40 A.M.	Zumba Gold	\$52/\$47	110544-05	Studio 2
11:35 A.M.	Strength Training	\$52/\$47	110541-01	Studio 2
1:00 P.M.	Gentle Yoga	\$82/\$77	110163-01	Studio 1
WEDNESDAY				
5:35 A.M.	Total Body Workout	\$52/\$47	110502-02	Studio 1
6:00 A.M.	Step & Strength	\$52/\$47	110514-02	Studio 2
8:30 A.M.	Classic Cardio Conditioning	\$52/\$47	110539-02	Studio 2
9:15 A.M.	Aqua Splash	\$52/\$47	110522-05	Pool
9:30 A.M.	Circuit	\$52/\$47	110505-02	Studio 1
9:30 A.M.	Zumba	\$67/\$62	110544-07	Studio 2
10:30 A.M.	Revvng	\$67/\$62	110512-04	Studio 1
10:30 A.M.	Yoga Stretch	\$82/\$77	110524-02	Studio 2
THURSDAY				
5:35 A.M.	Power Pump	\$52/\$47	110523-08	Studio 2
8:25 A.M.	Aqua Flow	\$52/\$47	110521-01	Pool
8:30 A.M.	Pilates	\$82/\$77	110507-02	Studio 1
8:30 A.M.	Power Pump	\$52/\$47	110523-06	Studio 2
9:30 A.M.	Step It Up	\$52/\$47	110516-04	Studio 2
9:30 A.M.	Aqua Splash	\$52/\$47	110522-07	Pool
9:30 A.M.	Core Fusion	\$52/\$47	110531-02	Studio 1
11:30 A.M.	Strength Training	\$52/\$47	110541-02	Studio 2
12:30 P.M.	Yogalates	\$82/\$77	110525-05	Studio 2
FRIDAY				
5:35 A.M.	Total Body Workout	\$52/\$47	110502-03	Studio 2
6:00 A.M.	Revvng	\$67/\$62	110512-07	Studio 1
8:30 A.M.	Power Pump	\$52/\$47	110523-10	Studio 1
8:30 A.M.	Classic Strength Conditioning	\$52/\$47	110539-03	Studio 2
9:15 A.M.	Aqua Splash	\$52/\$47	110522-09	Pool
9:30 A.M.	Yogalates	\$82/\$77	110525-04	Studio 2
9:30 A.M.	Circuit	\$52/\$47	110505-03	Studio 1
10:15 A.M.	Arthritis Fdn. Aquatic Prog	\$52/\$47	110164-04	Pool
SATURDAY				
8:30 A.M.	Revvng	\$67/\$62	110512-08	Studio 1
8:30 A.M.	Zumba	\$67/\$62	110544-06	Studio 2
9:30 A.M.	Power Pump	\$52/\$47	110523-09	Studio 2
10:00 A.M.	Kids Yoga	\$40/\$35	110245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$52/\$47	110501-04	Studio 2
11:15 A.M.	Mind/Body Yoga	\$82/\$77	110506-04	Studio 1
SUNDAY				
8:30 A.M.	Revvng	\$67/\$62	110512-09	Studio 1
1:00 P.M.	Latin Hip Hop	\$67/\$62	110545-01	Studio 2
5:00 P.M.	Candlelight Yoga	\$82/\$77	110537-01	Studio 1
6:15 P.M.	Perinatal Yoga	\$82/\$77	110508-01	Studio 1

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 30 & 31 with the exception of Kid's Yoga.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 35

GROUP FITNESS SCHEDULE

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

January 3 – March 13 (10 weeks)

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY				
4:15 P.M.	Zumba	\$67/\$62	110544-02	Studio 2
5:20 P.M.	Step and Strength	\$52/\$47	110514-01	Studio 2
5:20 P.M.	Boot Camp	\$52/\$47	110532-01	Studio 1
6:25 P.M.	Cardio Groove	\$52/\$47	110504-01	Studio 2
6:30 P.M.	Revvig	\$67/\$62	110512-01	Studio 1
7:30 P.M.	Power Pump	\$52/\$47	110523-04	Studio 1
7:30 P.M.	Core Fusion	\$52/\$47	110531-01	Studio 2
8:35 P.M.	Aqua Splash	\$52/\$47	110522-02	Pool
TUESDAY				
4:00 P.M.	Arthritis Fndn. Aquatic Prog	\$52/\$47	110164-01	Pool
4:15 P.M.	Kid's Yoga	\$40/\$35	110245-02	Studio 2
5:05 P.M.	Aqua Splash	\$52/\$47	110522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$82/\$77	110506-03	Studio 1
5:20 P.M.	Power Pump	\$52/\$47	110523-03	Studio 2
6:25 P.M.	Pilates	\$82/\$77	110507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$52/\$47	110501-01	Studio 2
7:30 P.M.	Total Body Workout	\$52/\$47	110502-04	Studio 1
7:30 P.M.	Cardio BOSU with a Pump!	\$52/\$47	110542-01	Studio 2
WEDNESDAY				
2:30 P.M.	Arthritis Foundation T'ai Chi	\$52/\$47	110235-01	Studio 1
5:15 P.M.	Step It Up	\$52/\$47	110516-03	Studio 2
5:20 P.M.	Boot Camp	\$52/\$47	110532-02	Gym Act Rm
5:20 P.M.	Yogalates	\$82/\$77	110525-02	Studio 1
6:30 P.M.	Zumba Circuit	\$67/\$62	110544-01	Studio 2
6:25 P.M.	Revvig	\$67/\$62	110512-05	Studio 1
7:30 P.M.	Power Pump	\$52/\$47	110523-05	Studio 2
7:35 P.M.	Mind/Body Yoga (75 minutes)	\$82/\$77	110506-06	Studio 1
8:35 P.M.	Aqua Splash	\$52/\$47	110522-06	Pool
THURSDAY				
4:00 P.M.	Arthritis Foundation Aquatic Prog	\$52/\$47	110164-02	Pool
4:15 P.M.	Revvig	\$67/\$62	110512-02	Studio 1
5:05 P.M.	Aqua Splash	\$52/\$47	110522-08	Pool
5:20 P.M.	Yoga Strength	\$82/\$77	110524-01	Studio 1
5:20 P.M.	Power Pump	\$52/\$47	110523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$52/\$47	110501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$82/\$77	110511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$82/\$77	110506-05	Studio 1
7:30 P.M.	Zumba	\$67/\$62	110544-03	Studio 2
FRIDAY				
4:15 P.M.	Zumba	\$67/\$62	110544-04	Studio 2

NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.



PERSONAL TRAINING

CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals.

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

Trainer biographies are posted outside of the Fitness Center, across from Studio 2 and at www.shoreviewmn.gov.

Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.

GET FIT! BODY CHALLENGE

WINTER SESSION

January 17 – March 15 (8 weeks) **Activity # 110239-01**

SPRING SESSION

April 4 – May 31* (8 weeks) **Activity # 210239-01**

\$349 per session

***Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations.

Support from fellow

participants and accountability through the personal training staff will help keep you committed to your goals. The Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition.

Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting January 13th at 5:00 p.m.

**Spring dates are subject to change. Please visit our web site for updated information.*



BRIDAL BOOT CAMP

Mondays, 5 P.M. at GAR; Fridays, 5:20 P.M. at Studio 2
10 weeks (January 3rd - March 13th)

\$180; \$170 Shoreview Resident **Activity # 110251-01**

Bring your wedding party to this class and get in shape for the big day! Bridal Boot Camp meets twice per week and incorporates total body training to maximize results. Strength, interval, and core training are just a few of the methods that will be used in class. By training together your wedding party will remain motivated, support each other's efforts, and get in great shape. This class isn't limited to just the brides—bring the groom too!

PRENATAL AND POSTNATAL FUSION

Tuesdays & Thursdays, Jan. 4 – Mar 10 12 P.M. – 1 P.M.

\$180; \$170 Shoreview Resident **Activity # 110250-01**

Shoreview Community Center, Studio 1

This class is designed to help expectant and new mothers (6+ wks. postpartum) maintain their fitness level during pregnancy and after delivery. The class will include low impact dance-based cardio, light hand-held weight training, pelvic floor strengthening exercises, and stretching. Prenatal exercise can help you maintain aerobic and strength endurance, improve posture and appearance, relieve back pain, strengthen muscles needed for labor, improve circulation, increase flexibility, improve energy level, and promote healthy feelings of well-being and a positive self-image.

The instructor has completed education and training specific to perinatal exercise and will ensure exercises are performed correctly and optimal benefits are received. *Note: Always consult with your doctor before starting a new exercise program during and after pregnancy.*

RUN/WALK TRAINING (5K AND UP)

April 4 – June 11 (10 weeks)*

\$100; \$95 Shoreview Resident **Activity # 210217-01**

Group meets Tuesdays at 6:30PM and Saturdays at 8:30AM. Participants can attend one or two weekly sessions. Whether you're an experienced runner or beginning walker, this 5K training group will get you ready for the spring and summer run/walk events that you've always wanted to enter. Weekly group runs are led by personal trainers and accommodate all fitness levels. Participants can attend up to 2 group training sessions each week and will receive a program for additional running sessions to be conducted on their own. Running specific strength exercises will also be provided to help prevent injuries and improve performance.

**Tentative Spring Dates (please check www.shoreviewmn.gov for updated information)*

COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.



INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Resident **Activity # 110299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

MARTIAL ARTS

Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

FAMILY DISCOUNT

\$15 off for second family member

\$25 off for third family member



BEGINNER CLASS

Tuesdays and Thursdays 6:00 P.M. – 7:00 P.M.

Session A: Jan. 4 – Feb. 10 (6 weeks)

\$89; \$81 Shoreview Resident **Activity # 110230-01**

Session B: Feb. 15 – Mar 24 (6 weeks)

\$89; \$81 Shoreview Resident **Activity # 110232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

Tuesdays and Thursdays 7:00 P.M. – 8:00 P.M.

Session A: Jan. 4 – Feb. 10 (6 weeks)

\$89; \$81 Shoreview Resident **Activity # 110231-01**

Session B: Feb. 15 – Mar 24 (6 weeks)

\$89; \$81 Shoreview Resident **Activity # 110233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763
Please call this number to leave reservation information.

Hours

Monday–Friday 8:30 A.M. – 12:30 P.M. & 4:00 P.M. – 8:00 P.M.
Saturdays 8:30 A.M. – 12:30 P.M.
CLOSED: Nov. 25, 26, 27; Dec. 24, 25, 31; Jan. 1

Member/Fitness Class Participant Rate

\$1 per hour (per child) – some restrictions apply

Customers that hold an active community center membership or are currently registered and participating in a fitness class may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. This rate does not apply to fitness class punch cards or drop-ins. If customer chooses to leave the building, the drop in rate applies. **Payment must be rendered at the time of service.**

Drop In Rate

\$4.50 per hour, per child
\$3.75 per hour, per child Shoreview Resident

Any family, resident and non-resident may take advantage of our Kids Care program at a drop in rate. Minimum of one hour. **Payment must be rendered at the time of service at the lower service desk.**

Out and About Program

Drop In Rates Apply

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon.

Payment must be rendered at the time of service .

Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

Please refer to our Parent Handbook for more information on additional policies and procedures.



KIDS CORNER PRESCHOOL

2011-2012 School Year

Calling all 2½-5 year olds. Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year. Dates are September 12, 2011 – May 25, 2012. **To determine class availability and for a registration form please call 651-490-4750 or visit our website.** A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.

**Registration begins Thursday, Jan. 20, 2011; 6 P.M. – 7:30 P.M. at the Shoreview Community Center.*



MONDAY FUNDAY

Morning Monday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Monday Funday 11:00 A.M. – 12:30 P.M.
\$52/month; \$47/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2011.

FRIDAY FUNDAY

Morning Friday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Friday Funday 11:00 A.M. – 12:30 P.M.
\$52/month; \$47/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by December 1, 2011.

TINY TREASURES

Wednesday & Friday 9:00 A.M. – 11:30 A.M.
\$103/month; \$98/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2011.

ABC'S & 123'S

Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
\$108/month; \$103/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2011.

ALPHA KIDS

Tuesday & Thursday 9:00 A.M. – 12:00 P.M.
\$118/month; \$113/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2011.

STEPPING STONES

Monday, Wednesday, Friday 12:30 P.M. – 3:30 P.M.
\$154/month; \$149/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2011.

BUSY BUDDIES

Monday 9:00 A.M. – 11:30 A.M.
\$83/month; \$77/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2011.

NEW! BOOKENDS

Tuesday 6:00 P.M. –7:30 P.M.
\$52/month; \$47/month Shoreview Resident

This literature based preschool class is designed for your 3 to 5 year olds to enjoy the wonderful world of books. This class includes time for storytelling, dramatic play, music, snacks, arts and crafts, and creative movement. Children must be 3 by September 1, 2011.

NEW! EXPLORERS

Thursday 6:00 P.M. –7:30 P.M.
\$52/month; \$47/month Shoreview Resident

Your 4 to 5 year olds will love exploring a variety of exciting themes in this preschool class. We will take a journey back in time to visit the land of dinosaurs, hop on a spaceship to discover outer space, spend some time on the farm, and many other adventures. Class time will include projects, music, dramatic play, and snacks. Children must be 3 by September 1, 2011.

NEW! INVESTIGATORS

Saturday 9:00 A.M. –11:30 A.M.
\$83/month; \$77/month Shoreview Resident

This preschool class will give your 4 to 6 year olds an opportunity to discover the world the science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 4 by September 1, 2011. Kindergarteners are welcome.

**MUSIC TOGETHER®**

Our engaging classes offered by Music Together in the Valley are filled with infants, toddlers, preschoolers and the grownups who love them. You'll move, sing, play rhythm instruments and share 45 minutes of PURE FUN with your child(ren). Families receive CDs and songbooks of the session's song collection so the learning can continue at home. Music Together is an internationally recognized early childhood music and movement program for children from birth to Kindergarten and an adult. Its classes are based on the recognition that all children are musical. Given a rich, stimulating musical environment during the crucial developmental period of early childhood, all children can learn to sing in tune, keep a beat and participate with confidence and pleasure in the wonderful world of music making. All classes are mixed-age, so siblings can participate together. Infants, eight months or under on the first day of the session are free with a paying sibling. For more information or specific questions about the classes, call or email Clarice Auluck-Wilson, director of Music Together in the Valley at 651-439-4219 or

Clarice@MusicTogetherClasses.com or visit
www.MusicTogetherClasses.com.

Shoreview Community Center

Rate \$166 first child; \$94 each additional child

WINTER

8 months and under free (born on or after May 5, 2010)

Mondays, Jan. 3 – March 7 (10 weeks)

..... 9:00 A.M., 10:00 A.M., 5:00 P.M., 6:00 P.M.

Sundays, Jan. 9 – March 13 (10 weeks)

..... 4:00 P.M., 5:00 P.M.

Free Demo Classes

Sunday, Dec. 12 4:00 P.M.

Monday, Dec. 6 10:00 A.M., 6:00 P.M.

SPRING

8 months and under free (born on or after July 29, 2010)

Mondays, March 28 – June 6 (10 weeks, no class 5/30)

..... 9:00 A.M., 10:00 A.M., 5:00 P.M., 6:00 P.M.

Sundays, April 3 – June 12 (10 weeks, no class 4/24)

..... 4:00 P.M., 5:00 P.M.

Free Demo Classes

Monday, March 14 10:00 A.M., 6:00 P.M.

Sunday, March 20 5:00 P.M.



PRESCHOOL

WIGGLE, JIGGLE, GYM

Ages 3 and 4 \$40; \$35 Shoreview Resident
 Wednesdays 10:00 A.M. – 10:45 A.M.
 January 12 – March 2 **Activity # 180202-01**
 March 23 – May 11 **Activity # 280202-01**

Shoreview Community Center– Gym Activity Room

Jump up, jump down. Touch your toes and spin around. This class is a great way to introduce your preschooler to movement. Get energized by skipping, jumping, twisting, listening to fun music, and much more. Space is limited, so register early.

FAMILY FUN GYM TIME

Ages 1 to 5 \$35; \$30 Shoreview Resident
 Wednesdays 11:00 A.M. – 12:00 P.M.
 January 12 – March 2 **Activity # 180201-01**
 March 23 – May 11 **Activity # 280201-01**

Shoreview Community Center– Gym Activity Room

Move and groove your way through class with the help of your favorite adult! A great opportunity to introduce your little one to the world of fitness while having fun. Your child will enjoy this unstructured time for play. Adult must participate with child.

NEW! PETER PAN MUSICAL THEATER CLASS

Ages 3 to 6
 Saturdays, Jan. 22 – April 16 3:30 P.M. – 4:15 P.M.
No class March 19; Show on April 16
 \$120 **Activity # 170204-01**

Shoreview Community Center – Fitness Studio

Come to Neverland and explore the adventures of Peter Pan and Wendy! We will learn songs and dances from the musical and present what we have learned in a show at the end of the session. We will also play fun creative games with scarves, animals and parachutes! Everyone will have the choice to have solo speaking lines. No experience necessary. All that's needed are comfortable clothing and lightweight shoes. Friends and family are invited to observe a special performance on the last day of class. We're flying!



WISH UPON A BALLET

Ages 3 to 5

TUESDAYS 9:30 A.M. – 10:15 A.M.
Session I Jan. 4 – Feb. 15 (7 weeks)
 \$59 **Activity # 170202-01**
Session II Feb. 22 – April 12 (7 weeks, no class March 15)
 \$59 **Activity # 170202-02**
Session III April 19 – May 24 (6 weeks)
 \$52 **Activity # 270202-01**

WEDNESDAYS 6:00 P.M. – 6:45 P.M.
Session I Jan. 5 – Feb. 16 (7 weeks)
 \$59 **Activity # 170202-03**
Session II March 2 – April 13 (6 weeks, no class March 16)
 \$52 **Activity # 170202-04**
Session III April 20 – May 25 (6 weeks)
 \$52 **Activity # 270202-02**

Shoreview Community Center – Beachcomber Bay

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.





Tumbling

Saturdays for 8 weeks

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. For answers to your questions about placement, call 651-490-4750.

TODDLER AND PARENT

Ages 2 and 3 \$77; \$67 Shoreview Resident
Saturdays 9:00 A.M. – 9:45 A.M.
January 8 – February 26 **Activity # 180101-01**
March 26 – May 14 **Activity # 280101-01**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

TUMBLING TYKES

Ages 3 and 4 \$77; \$67 Shoreview Resident
Saturdays 10:00 A.M. – 10:45 A.M.
January 8 – February 26 **Activity # 180102-01**
March 26 – May 14 **Activity # 280102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

ROLLY POLLYS

Ages 4 and 5 \$77; \$67 Shoreview Resident
Saturdays 11:00 A.M. – 11:45 A.M.
January 8 – February 26 **Activity # 180103-01**
March 26 – May 14 **Activity # 280103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8 \$77; \$67 Shoreview Resident
Saturdays 12:00 P.M. – 12:45 P.M.
January 8 – February 26 **Activity # 180104-01**
March 26 – May 14 **Activity # 280104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.



YOUTH PROGRAMS

Abrakadoodle School's Out Camps

In Abrakadoodle's original and imaginative art classes children create innovative masterpieces using high quality Crayola art materials, while exploring artistic styles and techniques. Our lessons, created by award-winning artist & author Lori Schue, offer unique experiences designed to spark creativity, build confidence and competence, while fostering a life-long love of the arts. Classes are taught by caring art teachers. www.abrakadoodle.com

BRACELETS, BANGLES AND BEADS WITH ABRAKADOODLE

Grades K-4

Monday, January 17 9:00 A.M. – 3:00 P.M.
\$70; \$67 Shoreview Resident **Activity # 170104-01**

Shoreview Community Center

Calling all fashionistas and girly girls! Spend the day off from school making beautiful one-of-a-kind handmade accessories and jewelry! Over the course of the day we'll decorate our own purses, bead necklaces, decoupage bracelets, make jeweled hair clasps and more. Along the way we'll paint our nails and read girly books. Bring a beverage, nut free lunch, snack and outdoor recess attire.

HOW TO CREATE YOUR DRAGON

Grades K-4

Monday, January 17 9:00 A.M. – 3:00 P.M.
\$70; \$67 Shoreview Resident **Activity # 170104-02**

Shoreview Community Center

Does your child love dragons? If so, this is the camp for you! We'll learn how to draw then paint a picture of a dragon, create moveable dragons which breathe fire, sculpt dragons, make origami dragons and more! Along the way, we'll play games, go outside for recess, and read dragon stories. Dress for a mess and bring recess appropriate clothing, a nut free lunch, snack and beverage.



LIFE AS AN AMERICAN GIRL

Grades K-4

Monday, February 21 9:00 A.M. – 3:00 P.M.
\$70; \$67 Shoreview Resident **Activity # 170104-03**

Shoreview Community Center

Bring your favorite doll and join us as we learn about American girls throughout the ages. Go back in time with Kaya, Felicity, Julie, Addie, Molly and their friends as we learn about the history during each doll's time period and make crafts from that. We'll weave real reed baskets, make pop art from the 70s, sculpt horses, create patriotic art and more. Bring your dolls so they can participate in the fun activities with you along with a nut free, lunch, snack, beverage and recess attire.

STAR WARS 2

Grades K-4

Monday, February 21 9:00 A.M. – 3:00 P.M.
\$70; \$67 Shoreview Resident **Activity # 170104-04**

Shoreview Community Center

Learn how to draw your favorite characters from Droids to Bobba Fett then color them in using oil pastels, tempera paint, watercolors and more. We'll also make Jabba the Hut out of clay and even collage a galaxy complete with ships and glow in the dark paint. Along the way we'll play games, learn Star Wars trivia, go outside for recess and read Star Wars books. Bring a beverage, recess attire, nut free lunch, snack and beverage.

**REGISTER
NOW!**

SCHOOL'S OUT DISCOVERY CAMPS

Grades K-5

Time 9:00 A.M. – 5:00 P.M.
Before Care 7:00 A.M. – 9:00 A.M.
After Care 5:00 P.M. – 6:00 P.M.
Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

WINTER BREAK

Monday, December 27 **Activity # 160108-01**
Before/After **Activity # 160108-02**
Tuesday, December 28 **Activity # 160108-03**
Before/After **Activity # 160108-04**
Wednesday, December 29 **Activity # 160108-05**
Before/After **Activity # 160108-06**
Thursday, December 30 **Activity # 160108-07**
Before/After **Activity # 160108-08**

SPRING BREAK

Monday, March 14 **Activity # 260208-01**
Before/After **Activity # 260208-02**
Tuesday, March 15 **Activity # 260208-03**
Before/After **Activity # 260208-04**
Wednesday, March 16 **Activity # 260208-05**
Before/After **Activity # 260208-06**
Thursday, March 17 **Activity # 260208-07**
Before/After **Activity # 260208-08**
Friday, March 18 **Activity # 260208-09**
Before/After **Activity # 260208-10**

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

HOLIDAY DROP AND SHOP

Ages 4 to 10

Saturday, Dec. 4 1:00 P.M. – 4:00 P.M.
\$18; \$15 Shoreview Resident **Activity # 460420-01**
Saturday, Dec. 18 1:00 P.M. – 4:00 P.M.
\$18; \$15 Shoreview Resident **Activity # 460420-02**

Shoreview Community Center – Room 207

Are you having a hard time finding time to get that holiday shopping in without the kids? Look no further! Shoreview Parks and Recreation is offering Saturday afternoons to drop your child off in a safe environment for the afternoon while you get your shopping and errands done. Your child will enjoy an afternoon filled with crafts, games, snacks and many more exciting activities. **Preregistration is required.** Registration deadline is 2 days prior to class.

BOWLING CAMP

Ages 5 to 10

Tuesday - Thursday, Dec. 28 – 30 10:00 AM – 11:30 AM
\$39 per participant **Activity # 190901-01**

Flaherty's Arden Bowl

This camp is designed for beginning bowlers. Kids will learn bowling basics; throwing the ball, the four step lane approach and how to score with spares and strikes. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun!

Transportation NOT provided. Participants will receive a FREE kids meal lunch each day of camp. Lunch will be served from 11:00 A.M. – 11:30 A.M. Register by Dec. 20.



KIDS CREATE

Ages 4 to 8 \$28; \$25 Shoreview Resident
Saturdays 9:30 A.M. – 10:30 A.M.
Jan. 22 – Feb. 26 **Activity # 170103-01**
Apr. 2 – May 7 **Activity # 270103-01**

Shoreview Community Center

Paper, Scissors, Glue, and Fun! Join us for this great new arts & crafts class where kids can let their creativity flow. We will make a variety of projects that are sure to delight your child. This is a great opportunity for your child to let their inner artist out!



KIDS IN THE KITCHEN

Ages 8 to 12

Tuesdays, Jan. 18 – Mar. 1 5:30 P.M. – 7:00 P.M.
\$85; \$75 Shoreview Resident **Activity # 170302-01**

Shoreview Community Center

Come into our Kitchen where kids learn all the basics of cooking...and learn that cooking can be quite creative, full of discovery and a whole lot of fun! You'll also receive your own apron and take home a cookbook full of all the recipes you learn.

YOUTH PROGRAMS

THE PRINCESS AND THE FROG MUSICAL THEATER CLASS

Ages 5 to 7 **Activity # 170203-01**
 Saturdays 1:30 P.M. – 2:30 P.M.
 \$132

Jan. 22 – April 16 (No class March 19) Show on April 16
 Shoreview Community Center Fitness Studio

Let's go Down to New Orleans! In this musical theater class we will learn songs, dances and lines from The Princess and the Frog and put them together in a show. We will also play fun creative games with scarves, animals and parachutes! Everyone will have the chance to have solo speaking lines. Please wear comfortable shoes and clothes that are easy to move in. Friends and family are invited to observe a special performance at the end of the session. We're Almost There!

GLEE MUSICAL THEATER CLASS

Ages 8 to 12 **Activity # 170205-01**
 Saturdays 2:30 P.M. – 3:30 P.M.
 \$132

Jan. 22 – April 16 (No class March 19) Show on April 16
 Shoreview Community Center Fitness Studio

What happens when the head cheerleader tries to breakup the Glee Club? Find out in this fun musical theater class. We will learn music and choreography from the hit TV show Glee and put together a show that we will perform on the last day of class. Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet slippers, or jazz shoes. Friends and family are invited to observe a special performance at the end of the session. Don't stop believin'!



SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7 \$55; \$45 Shoreview Resident
 Saturdays 8:00 A.M. – 12:30 P.M.
 Jan. 22 **Activity # 150101-01**
 Feb. 12 **Activity # 150101-02**
 Mar. 26 **Activity # 150101-03**
 April 16 **Activity # 150101-04**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 5 participants to run the class.

RED CROSS YOUTH FIRST AID

Ages 8+ 9:00 A.M. – 12:00 P.M.
 Saturday, January 29 **Activity # 150307-01**
 Sunday, March 27 **Activity # 150307-02**
 \$25; \$20 Shoreview Resident

Does your child know what to do in an emergency? Throughout this class, students will learn the basics of First Aid, Conscious Choking, and CPR. The class focuses on Infants and Children, which makes it an ideal class for new babysitters. It is a great class to take in addition to the Supersitter Course. Youth First Aid provides future babysitters a more in-depth look at and hands on practice for First Aid situations.

SUPERSITTER & YOUTH FIRST AID

Grades 5 to 7 9:00 A.M. – 4:30 P.M.
 \$70; \$60 Shoreview Resident. Please bring a lunch and 2 toys you could take to a babysitting job.
 Monday, January 17 **Activity # 150304-01**
 Monday, February 21 **Activity # 150304-02**

Join our Supersitter Instructor in a day of training to become a great babysitter! It will be a day full of learning how to become a safe and fun babysitter. The class will include information from the Supersitter Course and Red Cross Youth First Aid Course.

ZZ DANCE & CHEER

ZZ Dance and Cheer brings energy, originality, fabulous choreography, and reasonable prices to the realm of dance studios. Instructors Christina and Nicole Zauhar have been dancing since they were 3 and 2. Combined, they have over 13 years of instructing experience in both dance and cheerleading. They believe that dancing, cheering, and performing should, above all things, be fun!

For class schedules, pricing, and registration information please use one of the following options:

- 1) visit: www.zzdanceandcheer.org
- 2) call: 651-757-0634
- 3) email: zzdanceandcheer@live.com

Class Offerings include:

Dance: We offer multi-level classes in jazz, tap, ballet, lyrical, hip-hop, ballroom, conditioning, and technique. Please click on the "schedule/registration" tab to view class schedules.

Cheer: For more information on Twin Cities Elite All-Star Cheerleading, please visit www.twincitieselite.webs.com.

For more information, email zzdanceandcheer@live.com or call 651-757-0634



CHEER AMERICA

Ages 4 to 16

Thursdays, Feb. 10 – Apr. 22 (12 weeks)
6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)
\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class. **Registration and information session: Feb. 3, 6:00 P.M. – 7:00 P.M.**

FOR INFORMATION CALL 651-490-4750

KIDS' YOGA

Ages 5 and up

Saturdays, Jan. 9 – Mar. 13 (10 weeks) . . 10:00 A.M. – 10:45 A.M.
\$40; \$35 Shoreview Resident **Activity # 110245-01**
Studio 1, Shoreview Community Center

Tuesdays, Jan. 4 – Mar. 9 (10 weeks) 4:15 P.M. – 5:00 P.M.
\$40; \$35 Shoreview Resident **Activity # 110245-02**
Studio 1, Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.



Grades K-6 (during the 2010-11 School Year)
Leaders in Training grades 6-8 (during the 2010-11 School Year.)

June 13 – September 2, 2011

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 12 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

*Registration will begin Thursday, March 3, 2011, beginning at 8:00 A.M. Registration materials are available February 1 online or by calling 651-490-4750.



SPECIAL EVENTS

LETTER FROM SANTA

\$4 per child **Activity # 160102-01**

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 15. Please register by Friday, December 3.



SKATE WITH SANTA

Saturday, December 11 10:00 A.M. – 11:30 A.M.
\$10 per family **Activity # 160104-01**

Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). There'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 8.**



KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12 Shoreview Community Center
Saturday, December 11 9:00 A.M. – 3:00 P.M.

Are the kids looking for gifts for family members and friends around the Holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Park and Recreation Staff and volunteers, while mom or dad enjoy some cookies and apple cider. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts will range in price from \$0.50 to \$15. The Park and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.

FAMILY NEW YEAR'S EVE PARTY

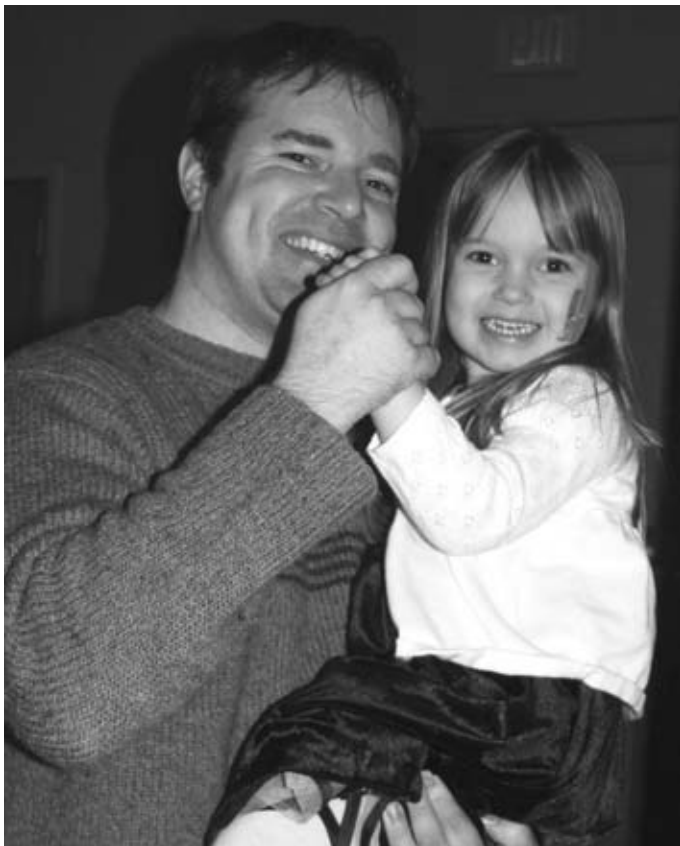
\$9 youth (ages 1-17) **Activity # 160103-01**
\$7 adults (ages 18 & over) **Activity # 160103-02**
Friday, Dec. 31 6:00 P.M. – 9:00 P.M.

Let the Park and Recreation Safari Guides take you through an amazing adventure! Come and help us ring in the New Year as we explore the mighty jungle. The safari starts as soon as you walk through the doors. Be ready to swim in the Tropics Indoor Waterpark; climb and swing through Tropical Adventure Indoor Playground; bounce your way to the end of giant inflatables, and be transformed into your very own jungle animal friend with face painting, hair-dos, and nails. There are plenty of crafts and activities going on to keep you and your family entertained the whole time. The adventure starts at 6 PM and ends with a spectacular balloon drop at 8:45 PM. Concessions available for an additional fee. Non-stop jungle fun for the whole family! Register by Dec. 29 and Save! Price is \$10/person at the door.

DIVE 'N' MOVIE

Fridays, January 14 and March 11 7:00 P.M.

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive 'n' Movie nights! Guests can float with the aid of water noodles (not provided), relax on the giant sea creature floatables, or lounge on the pool-side chairs while and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie is your ticket. Free for Community Center Members. Please note that the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.



SWEETHEART DANCE

Ages 10 and under

Friday, February 11 6:00 P.M. – 8:00 P.M.

\$10; \$8 Shoreview Resident (includes 1 child and 1 adult)

..... **Activity # 160107-01**

\$5 for each additional adult **Activity # 160107-02**

Shoreview Community Center

Put on your party clothes, grab a special adult, and join us for our first annual Sweetheart Dance! There will be music, crafts, food and fun for all to enjoy. So come dressed to impress and spend a special evening with someone you love. Oh, and don't forget your camera for this one! Register by Monday, Feb. 7.

SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, April 16 9:30 A.M. – 11:00 A.M.

\$10 per child **Activity # 260219-01**

Shoreview Community Center Pavilion

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. Please register by Monday, April 11. **The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**

Schedule: 9:30 Check In

9:45 – 10:00 Egg Hunt

10:00 – 11:00 Special Entertainment



DAZZLING DIVAS

Ages 3 to 8

Saturday, May 7 9:30 A.M. – 11:00 A.M.

\$10; \$8 Shoreview Resident **Activity # 260417-01**

Shoreview Community Center

Be transformed into a Diva for a Day! Come dressed in your most glam outfit or princess dress and bring along your favorite adult for a morning of fun. There will be crafts, music, a chance to get your nails or hair done, and more. The morning will be topped off with a fashion show featuring all of our Dazzling Divas strutting down the red carpet! Make sure to bring your camera! Register early, space is limited! Registration deadline is Monday, May 2.



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
\$36 per participant

Island Lake Elementary - West Gym

Tuesdays, Jan. 25 – Mar. 8 (No Class Feb. 22)

..... **Activity # 190407-01**

Turtle Lake Elementary - West Gym

Wednesdays, Jan. 26 – Mar. 2 **Activity # 190407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball and other gym activities.



BASKETBALL

Grades 1 to 5 3:30 P.M. – 4:30 P.M.
\$36 per participant

Grades 1 and 2

Island Lake Elementary - West Gym

Tuesdays, Jan. 25 – Mar. 8 (No Class Feb. 22)

..... **Activity # 190402-01**

Turtle Lake Elementary - West Gym

Wednesdays, Jan. 26 – Mar. 2 **Activity # 190402-02**

Grades 3 to 5

Island Lake Elementary - West Gym

Wednesdays, Jan. 26 – Mar. 9 (No Class Feb. 23)

..... **Activity # 190402-03**

Turtle Lake Elementary - West Gym

Tuesdays, Jan. 25 – Mar. 1 **Activity # 190402-04**

Learn fundamentals of basketball and play in some games each class period. We provide the instruction and equipment; kids provide the desire to learn and have fun. Class meets inside gym.

MINI KICKERS CAMP

Ages 3 to 8 \$65; \$60 Shoreview Resident
Shoreview Community Center Gym

Ages 3 to 5 Tuesdays and Thursdays, Jan. 18 – Feb. 3

1:30 P.M. – 2:00 P.M. **Activity# 190801-01**

Or

2:10 P.M. – 2:40 P.M. **Activity# 190801-02**

Ages 6 to 8 Saturdays, Jan. 22 – Feb. 26

9:00 A.M. – 9:30 A.M. **Activity# 190801-03**

Or

9:40 A.M. – 10:10 A.M. **Activity# 190801-04**

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 4 – Feb. 22 Game and practice times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 2:00 P.M.
\$52; \$42 Shoreview Resident

Setters, Grades 4-5 Activity # 190304-01

Spikers, Grades 6-8 Activity # 190304-02

Turtle Lake Elementary

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

Register by December 6 for the Girls Volleyball League. No special friend requests accepted after the deadline.

Volunteer coaches are needed for the Girls Volleyball League. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

COACHES MEETING

Thursday, December 16 6:00 P.M. – 7:00 P.M.
Shoreview Community Center

COACHES CLINIC

Monday, December 20 6:00 P.M. – 7:15 P.M.
Turtle Lake Elementary West Gym

ATHLETIC ASSOCIATIONS

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Assoc.
www.geocities.com/ibl_baseball/

Mounds View Basketball Assoc.
Hotline: 651-631-1943
www.moundsviewbasketball.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Irondale Youth Hockey Association
www.iyhaleague.org

Irondale Girls Fastpitch
www.knightsfastpitch.org

Mounds View Hockey Assoc.
www.mvhockey.org

North Suburban Soccer Assoc.
www.nssasoccer.org

Mounds View Softball Assoc.
www.mvsafastpitch.org

Mounds View Rugby Club
Hotline: 612-656-0518
www.moundsviewrugbyclub.com

Iron Mustang Wrestling
612-590-2114
www.ironwrestling.com

North Suburban Aquatic Club
www.nsmakos.org

Roseville Area Youth Hockey
www.rosevillehockey.org
612-817-5159



SHOREVIEW TEEN ADVISORY COUNCIL – STAC

Calling 12 to 16 year olds that are looking for an opportunity for their voice to be heard and to make a difference in the city of Shoreview! Join Shoreview's Teen Advisory Council. This new council will work together to address the needs of the teens in the community and plan a variety of activities that will bring those teens together. For more information and an application call Becky at 651-490-4764 or email at rsola@shoreviewmn.gov.

MIDDLE SCHOOL MANIA

Grades 6 to 8

Fridays 7:00 P.M. – 10:00 P.M.

\$6 in advance; \$8 at the door

Jan. 21 **Activity # 170618-01**

Feb. 25 **Activity # 170618-02**

Apr. 15 **Activity # 270618-01**

Shoreview Community Center

Are you and your friends looking for something fun to do on Friday nights? Come and check out Teen nights at the Shoreview Community Center! Theme nights include swimming, gaming, dodgeball, food and more! Bring all your friends! See you at the door!

**For volunteer opportunities call
Becky at 651-490-4764**

MORE TEEN PROGRAMS

Group Fitness Classes

(14 & older; 12 & 13 with an adult) p. 28

Tae Kwon Do p. 35

Cheerleading p. 43

ADULT SPORTS

League Registration

Players and teams interested in participating in one of Shoreview's sports leagues should call the Parks and Recreation Office at 651-490-4753 to request registration information.

BROOMBALL LEAGUES

Games begin Sunday, December 12 (weather permitting)
\$330 per team

CoRec D Sunday evenings **Activity # 120301-01**

Men's D Monday evenings **Activity # 120301-02**

Shoreview Broomball Rink

Teams play 7 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Monday, November 29 or until league is full.**

DODGEBALL LEAGUE

Ages 16 and up

Wednesday evenings, starting Jan. 5

\$150 per team **Activity # 120401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff.

Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Monday, Dec. 20 or until league is full.**

ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now through May 25

*Gym closed on Wednesdays: Nov. 24, Dec. 29, Feb. 23

*Gym closed on Saturdays: Nov. 27, Dec. 25, Jan. 1, Feb. 19, May 14

\$5 per person; pay at door

Wednesdays 6:30 P.M. – 9:00 P.M.

Saturdays 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more information.

SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams registered with the Minnesota Recreation and Parks Association (MRPA) and with United States Slo-Pitch Softball Association (USSSA). USSSA rules are used for all games.

Program Information

Teams must register for their correct level. For example, a D team cannot play in the E league. Regular season schedule consists of 12 single games or 20 double header games. All leagues will have a season ending single elimination playoff. Winners of each league will receive a paid berth to the USSSA Regional or State tournament. Final league standing will determine league champions. Balls and certified umpires are provided. Practices may be scheduled 1-week prior to season, depending on field conditions. Games tentatively begin the week of April 18. Game times are 6, 7, 8 and 9 P.M. unless otherwise noted on schedule. No 8 and 9 P.M. games in single header leagues. **Register by Friday, April 1.**

Softball League Descriptions

Men's Recreation E: Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

Men's Recreation D: Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

CoRec D: Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.

Softball League Information

League	Day	Rate	Activity #
<i>Single Header Leagues</i>			
Men's E	Tue	\$510	220804-01
CoRec D	Mon	\$550	220801-01
CoRec D	Thu	\$550	220801-02
<i>Double Header Leagues</i>			
*Men's E	Fri	\$640	220804-02
*Men's D	Wed	\$640	220803-01
<i>*Combined league with Arden Hills</i>			

Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 14. 6:00 P.M. – 7:00 P.M.
Shoreview Community Center

FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on pages 27.

NEW ONE DAY & EXTENDED TRIPS ADDED MONTHLY!

Casino runs, daily excursions, overnights and extended trips added monthly! Please call 651-490-4734, or stop by the Shoreview Community Center, to ask about trips we are offering.

TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, Jan. 17, Feb. 21 and Mar. 21 from 9-10 A.M.** in our Fireside Lounge. (No December gathering)

INTERGENERATIONAL READING TIME

Mondays, Dec. 7 – Jan. 24 6:30 P.M. – 7:30 P.M.
FREE

Community Center - Fireside Lounge

A child's experience of reading with an adult is the magic that makes memories! Few skills are as basic to success in school or life for children. Spend some quality time with that special someone in your life by bringing a favorite book and enjoy reading in a cozy, warm, quiet atmosphere.

SENIOR CINEMA

1st Friday/Month, Dec. 3, Jan. 7, Feb. 4,
Mar. 4
1:00 P.M. – 3:00 P.M.
(Free will donation for refreshments)

Shoreview Community Center – Council Chambers

Check the Shoreliner newsletter for more details and movie title or by calling Lesley at 651-490-4734 the Monday prior to showing.



BINGO & BANANA SPLITS

Friday, March 11 1:00 P.M. – 3:00 P.M.
\$5 per person (includes treat & bingo) . . . **Activity # 200504-01**

Shake off the winter blues with bananas, ice cream, strawberries, chocolate syrup and B-I-N-G-O! Join us for a great afternoon of family fun! We will have lots of prizes to give away! **Register by Feb. 28.**

TEA FOR TWO

Sunday, April 10 1:00 P.M. – 3:00 P.M.
\$10 per person. **Activity # 200505-01**

Want to spend that special time with your grandchild? What better way than with an ole' fashioned English tea party! Open to granddaughters, grandsons, grams and gramps! Afternoon tea will be held in our beautiful Fireside Lounge. If you have a special cup bring it along! All are encouraged to dress in hats, feathers, suits and jewelry. We will serve finger sandwiches, appetizers and of course...tea (and lemonade).



CROCHETING

Thursdays, Jan. 27, Feb. 3, 10, 17, 24, Mar. 3 . . . 6:00 – 8:00 P.M.
\$35 (+\$10 supply fee payable to instructor first night of class)
. **Activity # 100201-01**

Shoreview Community Center

KNITTING

Mondays, Jan. 24, Feb. 7, 14, 21, 28, Mar. 7 6:00 – 8:00 P.M.
\$40 (+\$20 supply fee payable to instructor first night of class)
. **Activity # 100202-01**

Shoreview Community Center

ADULT ACTIVITIES

VALENTINES CARDS

Wednesday, Feb. 9 6:00 P.M. – 8:00 P.M.
\$5 per person (includes treat & bingo) . . . **Activity # 100216-01**

Create 25 handmade stamp Valentines Day cards – five cards of five designs. All materials are cut and ready to stamp and assemble. The class fee includes pre-cut materials, envelopes, use of instructor's stamps, inks and tools.

HAND STAMPED HOLIDAY CARDS

Monday, Dec. 20 1:00 P.M. – 2:00 P.M.
\$10 per person. **Activity # 100216-02**

Create 25 hand stamped, embellished holiday cards. Five cards of five designs will be created. All materials are cut and ready to stamp and assemble.

HIDDEN HOUSEHOLD TOXINS

Tuesday, March 22 10:00 A.M. – 11:00 A.M.
\$10 per person. **Activity # 200217-01**

Fact: The levels of household toxins are higher in children than in adults. Why? Because children are more likely to transfer chemical residue from their hands to their mouths, plus they breathe more frequently and deeply than adults, which makes them more susceptible to airborne contaminants. Indoor air pollution and residue from cleaning products are two major sources of household toxins. Discover the pollutants most likely to be hiding in your house. Plus steps and cleaning tools you can use to take to make your home environmentally safe for the whole family. Instructor: Nicole Swierezek, Norwex

LIVING WITH A HEALTHY LIFE WITH CHRONIC CONDITIONS

Thursdays, January 6 – March 31 9:00 A.M. – 11:30 A.M.
\$75 per participant. **Activity # 100218-01**

Do you suffer from chronic illness or disease where getting up in the morning can be a major achievement? Living with chronic illness can be both debilitating for you and those that love you. In this class you will self management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others. You will also receive the book Living A Healthy Life With Chronic Conditions and many handouts related to your specific condition.

SELF DEFENSE CLASS

Mondays, January 3 – February 7 7:00 P.M. – 8:00 P.M.
\$60 per participant. **Activity # 100407-01**

Students will learn a variety of self defense techniques and movements that will provide a basis for self confidence in threatening situations. This course takes techniques from several styles of martial arts. Students will learn self defense against many situations. Previous experience is not required just a willingness to learn. Along with self defense, students will learn how to avoid threatening situations and what legal issues are involved with the use of self defense techniques. Wear comfortable and loose fitting clothing. At this time course is focused on adults with possible children classes at a later date. Instructor: Mr. Todd Udvig

I'VE BEEN BITTEN BY A TICK

Monday, March 21 7:00 P.M. – 9:00 P.M.
\$10 per person. **Activity # 200406-01**

Do you know the difference between a regular wood tick and a deer tick that carries Lyme's Disease? Join us for an informational evening on Lyme Disease and learn what you should do if bitten by a tick. Offered by Dr. Betty Maloney

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. No sign up or partners required

Bridge

Thursdays at 12:30 P.M. No sign up or partners required
No Bridge Dec. 30 or March 17

Bingo

With prizes! Last Wednesday of the month (Nov. 24, Dec. 29, Jan. 26, Feb. 23, Mar. 30) at 1:00 P.M. (\$0.25 per card-no min/max cards)

American Hand and Foot

Wednesdays, Dec. 1 – Mar. 30 1:00 P.M. – 3:00 P.M.

Cribbage Club

Fridays, Jan. 7 – March 25 12:30 P.M.
No Cribbage Jan. 28

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates. Discount not available on-line.

All classes held at Shoreview Community Center

8 Hour Evening Courses

AARP Member Rate: \$20; Non-Member Rate: \$22

5:30 P.M. – 9:30 P.M.

Mon. & Wed., Jan. 24 & 26 **Activity # 150204-01**

4 Hour Evening Courses

AARP Member Rate: \$16; Non-Member Rate: \$18

5:30 P.M. – 9:30 P.M.

Tuesday, December 7 **Activity # 150202-01**

Thursday, December 30 **Activity # 150202-02**

Monday, March 7 **Activity # 150202-03**

4 Hour Day Courses

AARP Member Rate: \$16; Non-Member Rate: \$18

9:00 A.M. – 1:00 P.M.

Monday, January 10 **Activity # 150201-01**

Friday, February 18 **Activity # 150201-02**

Wednesday, April 6 **Activity # 150201-03**

AARP TAXAIDE

Wednesdays, Feb. 2 – April 13 9:00 A.M. – 1:00 P.M.

Community Center - Beachcomber Bay, Lower Level

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Appointments are necessary. Please call 651-490-4750.

Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 50+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities*. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

Interested in joining?

Send \$10 for 2011 annual dues to:

Bev Stilwell, Treasurer

500 W Cty Road J

Shoreview, MN 55126

Shoreliner Newsletter

If you are interested in receiving our newsletter with program and event information, call Lesley at 651-490-4734 to have your name put on our mailing list.

Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

2011 PLANNING MEETING

JANUARY 18, 1:00 P.M.

Shoreview Community Center

**Join us to plan and vote
on events for 2011.
Refreshments served.**

COMMUNITY INFORMATION

ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-490-4770.

FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!



NORTHWEST YOUTH AND FAMILY SERVICES

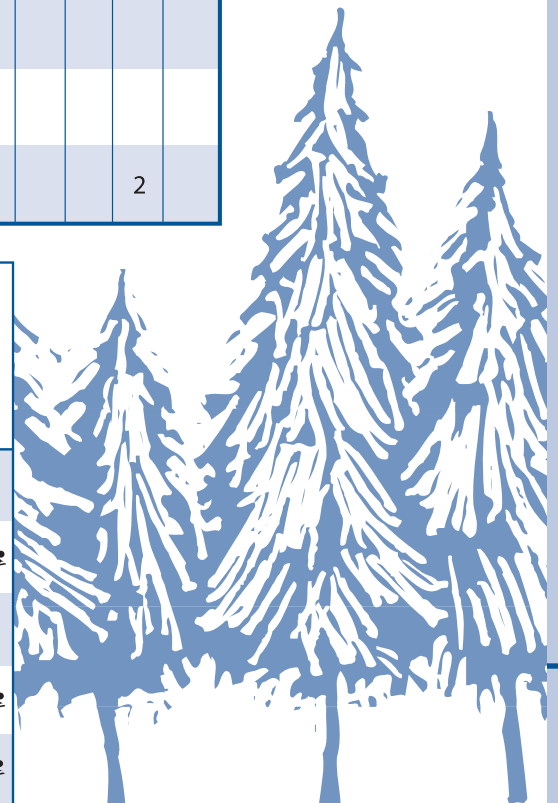
Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651-486-3808.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

Shoreview Recreation Areas Web Page: www.shoreviewmn.gov	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1										1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1										1		2	
Chippewa Middle School 5000 Hodgson Rd		3											2		5	
Emmet Williams Elem. School 955 Cty Rd D—Between Lex. & Cty Rd D		2														
Island Lake Elem. School 3555 N. Victoria—Victoria & Cty Rd E		2														
Lake Judy Park 900 Tillerun – Arboast & Richmond	5	1/2														
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1										1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1															
Rice Creek Fields 5880 Rice Creek Parkway	10	4														
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1										1		2	
Shoreview Commons and Community Center 4650 North Victoria	40	2	1										1		2	
Sitzer Park 4344 Hodgson	8	2	1												2	
Snail Lake Elementary School Highways 49 and 96		2														
Turtle Lake Elementary School Country Road I & Lexington		2														
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1												2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. www.co.ramsey.mn.us	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
Island Lake County Park 3611 Victoria Street	167											
Lake Owasso County Park 370 N. Owasso Blvd.	9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400											
Turtle Lake County Park 4979 Hodgson Road	9											





Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126
Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website www.shoreviewmn.gov

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE)

FIRST

HOME PHONE (AREA CODE)

ADDRESS

CITY

ZIP

WORK PHONE (AREA CODE)

E-MAIL ADDRESS

EMERGENCY CONTACT NAME

PHONE (AREA CODE)

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee

REFUND POLICY Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.

Total Amount Enclosed \$

CONFIRMATION Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member? ☐ Yes ☐ No

Have you registered for classes here before? ☐ Yes ☐ No

Have you moved recently? ☐ Yes ☐ No

Please include your Client ID# (if you know it): _____

YOUTH SPORTS LEAGUES

Special Requests for Teammates are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

I would like to coach _____

Name of teammate request _____

School child attends _____

Grade _____

T-Shirt Size _____

PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash ☐ Check # _____ ☐ Credit Card:



Checks payable to City of Shoreview.

Card # _____ Exp. Date _____

Signature _____

☐ Billing address is different from above (Please include billing address)

To better serve our participants, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

WAIVER FOR PARTICIPANT In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

Signature: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

Fall Registration Schedule

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, November 30

On-line registration for residents begins at 8:00 a.m.

Tuesday, December 7

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

Annual Community Center Member Registration

Tuesday, December 7

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, December 9

On-line registration begins at 8:00 a.m.

Tuesday, December 14

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

Register Early!

Space is limited in most activities.

Registration Information

For registration forms, see pages 62.

- Drop-off points include:
 - The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - The Shoreview Community Center Service Desk, (for hours, see page 18)
 - The after-hours payment box, to left of front door of City Hall.
- Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
- A resident is defined as an individual whose legal residential address is within the City of Shoreview.
- Activity fees may not be pro-rated.
- Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
- Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. See page 27 for complete details on on-line access. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
- The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
- Refunds may be issued when requested 5 working days before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
- Financial aid for qualifying residents with financial limitations is available.
- Voice/TDD: 651-490-4750.
- Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

EASY 5 WAYS TO REGISTER

- On-line payment by Visa & MasterCard only
- Mail-in
- Fax 651-490-4797 payment by credit card only
- Drop-off
- In-person



JOBS THAT FIT YOUR LIFESTYLE!

Part-Time • Flexible Hours • Fun People

**FREE
Community
Center
Membership!**

After School Sports Instructors

Instruct elementary age children in a variety of sports including floor hockey, indoor soccer, and basketball. A general sports background, knowledge and a desire to teach children basic sports skills required. Weekday afternoons approx 3 - 5:30 p.m. 5 -10 hours per week. January - March. \$9 - 11 hour.

Child Care Attendants

Child Care Attendants - Provide care for children ages 6 months to 12 years in our drop-off childcare center located in the Shoreview Community Center. Experience working with pre-schoolers preferred. Mon-Fri daytime hours 8:30-12:30 & evening hours 4:00-8:00. Sat. 8:30 - 12:30. \$7.50 - \$8.75/hour

Concession Attendants (Wave Cafe)

Prepare food orders, operate cash register, clean work and eating areas, stock supplies. \$7 - 8/hour depending on experience

Dodgeball Officials

Dodgeball officials are needed to officiate 3 - 4 games per night from 6-10 pm. Games are held at Turtle Lake School. Previous officiating or playing exp. preferred. September - May. \$8 - 10/game.

Fitness Instructors

Adult step, high-low impact, cardio-kick, strength training, water ex and dance-based fitness classes. Certification pref. Morning, afternoon and evening hours available.

Gym Supervisor

Supervise adult drop-in basketball. Interest in basketball and an ability to work with people desired. Wed. evening and Saturday morning hours available. Sept - May. \$10 - \$11/hr.

Ice Rink Attendants (25 positions)

Desire to work with the public and a commitment to a part-time schedule is required. Ability to skate not necessary. Weekdays, evenings and weekends. 10-20 hrs/week. Mid-December through end of Feb. Must be willing to commit for entire season. \$7.25-8.50/hr

Ice Skating Instructors

Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching experience desired. 4 hours Saturday mornings. October through February. \$10.50 - 12.50/hour.

Lifeguards (we will train)

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon, weekends and evening hrs. Current certi. or we will train (must be able to swim 200 yards). \$8 - 10/hour.

Personal Trainers

Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, & motivation to Shoreview fitness participants. Design safe, effective workouts & work on general health, sports specific conditioning, and general rehabilitation. National Training certification and/or exercise science/health degree desired. \$17 - 21/hour.

Swimming Instructors (WSI & Other)

Swimming instructors needed for morning, afternoon, weekend and evening lessons at the Community Center and Chippewa Middle School pools. Training available or current certification. \$8 - 12/hr.





Family

New Year's Eve Party

Come and help us ring in the New Year as we explore the mighty jungle. The safari starts as soon as you walk through the doors. Be ready to swim in the Tropics Indoor Waterpark; climb and swing through Tropical Adventure Indoor Playground; bounce your way to the end of giant inflatables, and be transformed into your very own jungle animal friend with face painting, hair-dos, and nails. There are plenty of crafts and activities going on to keep you and your family entertained the whole time. The adventure starts at 6 PM and ends with a spectacular balloon drop at 8:45 PM. Concessions available for an additional fee. **Register by Dec. 29 and Save!** Price is \$10/person at the door.

**Friday, December 31, 2010
6 PM – 9 PM**

**\$9.00 Youth (ages 1-17)
activity# 160103-01**

**\$7.00 Adults (ages 18 & over)
activity# 160103-02**

**Non-stop jungle fun for
the whole family!**

**Let the Park and Recreation Safari Guides
take you through an amazing adventure!**





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Community Center**

Tropics Waterpark
& Fitness Center

